

Seniors Hike Initiative



**Supported by Older Adult Centres
Association of Ontario and the Sport & Recreation Communities
Fund**

An exciting new program for Adults 55+

The goal is to motivate seniors 55 + to improve their physical and mental health by helping to breakdown the barriers to getting started with hiking and walking.

Hike Ontario will organize

- Safe Hiker classes (3 weeks total 14 hours) for beginners to learn how to hike
- Certified Hike Leader training (8 hrs) to experienced individuals
- assist to set up walking and hiking groups in adult centres.

In addition, Hike Ontario will provide connections and memberships to Hiking Clubs and Trail Associations.

Training fees for the Safe Hiker and Certified Hike Leader courses are being subsidized. Courses normally valued at \$75 will be offered at \$40 (or \$20 for low income participants).

Benefits of Hiking:

1. Promote Physical health:
 - a. Improved cardio-respiratory fitness (heart, lungs, blood vessels)
 - b. Improved muscular fitness
 - c. Lower risk of high blood pressure and type 2 diabetes
 - d. Weight control: hiking burns up to 370 calories an hour
2. Promote Mental Health:
 - a. Reduce depression and better quality of sleep
 - b. Connected to the outdoors increases happiness
3. Promote Social Interaction
4. Explore the Great Outdoors
5. Live Longer with a Greater Quality of Life

For more information contact Hike Ontario
800-894-7249 or 905-277-4453

www.hikeontario.com

info@hikeontario.com