



MEDIA RELEASE

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Heart&Stroke *Walkabout*[™] Announces the First Walkabout Walkability Award Recipients

HALIFAX – After careful consideration, the inaugural Heart&Stroke *Walkabout*[™] Walkability Award winners have been announced. “I want to congratulate the Waterfront Development Corporation Limited (WDCL), Inverness Education Centre and the Town of New Glasgow for taking concrete and comprehensive steps to make their communities more walkable,” stated Elaine Shelton, Director of Health Promotion at the Heart and Stroke Foundation of Nova Scotia. “We recognize that we all must make our surroundings or built environment more walkable and encourage residents to take action and walk more.”

Two of our winners have taken steps to improve infrastructure to make their communities more walkable. The WDCL is using a truly multi-faceted approach to increasing the walkability of Halifax’s waterfront, including a developing network of boardwalks and trails. “The waterfronts are open 365 days a year, 24 hours a day and there is never a fee to walk at the water’s edge. People have run, cross country skied, snow-shoed and ridden horses along the Halifax waterfront, but as the most visited destination in the province, we can attest, that the majority of visitors walk the waterfront,” stated Colin MacLean, President & CEO Waterfront Development.

The Town of New Glasgow has invested in the George Street Bridge, which is a pedestrian crosswalk that allows walkers to avoid high-traffic areas, while maintaining access to the town’s destinations. “The Town of New Glasgow is honoured to receive this provincial Walkability Award from Heart&Stroke *Walkabout*[™]. Facilitating and enhancing trail development and access is an important part of our Town’s commitment towards promoting and providing an environment for healthy lifestyle options,” says New Glasgow Mayor Barrie MacMillan. “Our new pedestrian walkway was part of phase 1 of our Downtown Revitalization Plan and it has linked our east and west side trails, enhanced safety for our citizens, provides yet another avenue for a magnificent view of our river and is a wonderful connector to and from our Downtown core.”

Our final recipient is the Inverness Education Centre/Academy. They are taking a different approach, using existing infrastructure to create more walkable communities. Through collaboration and recognizing the importance of walking, they opened their school to allow senior citizens to walk inside during the winter months, and are encouraging many other schools in the areas to open their doors as well. This project uses existing resources to promote walking as a form of exercise and as a means of social interaction.

“The Inverness Education Centre/Academy is honoured and pleased to share this award with the seniors who began the “hall walking” program over ten years ago. Opening our doors to the senior walking club as well as the Building Better Lifestyles Program has benefited community members and our students alike. The participants are receiving the health benefits from regular exercise and our students have role models showing them the importance of a healthy active lifestyle,” comment Principal Eddie MacEachern.



Menna MacIsaac, CEO of the Heart and Stroke Foundation of Nova Scotia and Colin MacLean, CEO of the Waterfront Development Corporation Ltd.



Cheryl Young, Project Assistant, Department of Community Development, Town of New Glasgow, New Glasgow Mayor Barrie MacMillan and Catherine Drosbeck, Community Health Promotion Lead, Heart and Stroke Foundation of Nova Scotia



Inverness Education Centre/Academy: Angie Walker,with the Fitness Centre and teacher supervisor of SoGo Active ; Ceila Cameron student member of SoGo and fitness centre ; Principal Eddie MacEachern; , Quarrie Gillis student member of SoGo and fitness centre ,John R MacDonald (participant in Senior programs, Caroline Ryan, nurse with Building Better Lifestyles; Brett Mullins, student member of SoGo and fitness centre ; Viola MacNeil (Senior Walking Program)

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