

Media Advisory

Note to Editors

April 29, 2024

May 8 Walk Day celebrates benefits of group walking ***Walk group participants report they feel more connected to their community***

Walking makes you happy, say regular walkers. And the experts agree. On May 8 Hike Nova Scotia and partners across the province will celebrate walking and how it connects us to our communities and to each other. There are over 106 group walks taking place in communities, workplaces and schools across the province from sunup to sundown.

“Walking is a safe and enjoyable way for adults to get more physically active. People who walk in a group have the added benefit of social connections in addition to healthier bodies and minds,” says Dr. Robert Strang, Chief Medical Officer of Health in Nova Scotia.

“Research shows walking, especially outdoors and with others, helps people stay healthier longer,” says Dr. Beverley Cassidy, Psychiatrist. “Even 20-30 minutes per day can improve mood and reduce stress levels.”

Nova Scotia Walk Day is organized by Hike Nova Scotia’s NS Walks program, which aims to help less active adults enjoy the benefits of leader-led group walks.

Catherine Droesbeck, Program Manager with Hike Nova Scotia, says its participant surveys have shown group walks help beyond the obvious physical health gains. “Among the many benefits of walking with a group, participants report they feel more connected to their community. That’s a really good thing in a world where social isolation is a serious and common issue.”

Local events: Many local walking events are taking place. Please contact us for details on an event close to you or go to <https://www.hikenovascotia.ca/ns-walks-walk-day/> for a list of events across the province. Local contacts are available for interviews.

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(not for publication)