

Healthy You: Community Resource Guide for Barrie & Area

GETTING ACTIVE:

Community Centres and Recreational Activities in Barrie – 705-726-4242 www.barrie.ca ; click on Living and then click on Recreation Programs. (fees vary).

Healthy Living Service, Healthy Communities Partnership Program - 705-721-7520 Simcoe Muskoka District Health Unit <http://www.simcoemuskokahealth.org>

Bike Paths and Walking Trails – www.barrie.ca Click on Living, click on Parks, Trails and Waterfront, click on Bike Paths. Also check <http://www.simcoecountytrails.net/trails/trails.htm> for more walking trails.

FITNESS CLUBS:

Many are available in Barrie. (fees vary). See Health, Fitness and Exercise Services in the yellow pages. For example the YMCA www.ymcaofsimcoemuskoka.ca/ 22 Grove St. W. Barrie. 705-726-6421, the Allandale Recreation Centre, East Bayfield Recreation Centre and the Holly Recreation Centre. These can be accessed on the City of Barrie website above.

MALL WALKING:

Bayfield Mall Stride Program

Bayfield Mall encourages everyone to get fit and offer a climate controlled environment. No hot and sticky days, no rain, no slippery driveways to watch out for. Walk at your own pace, we offer incentives for Striders who walk on a regular basis as well as for those who spend the most time walking. Registration is limited so please contact the Admin Office at 705-726-7632.

Georgian Mall Walking Club

For info contact: 705-726-9556

Retail Stores – Check out stores that specialize in your activity of interest. For instance, if you are interested in cycling or skiing, contact local bike and ski shops to find out about local activities or organized groups. For Example the Running Room 56 Dunlop Street, Barrie, ON L4N 1A2. 705-726-2550 has walking and running clubs.