

Where to Go to Get Active (continued)

Town of Amherstburg

Municipal Office 736-0012
Arena/Parks & Recreation 736-5712

Town of Essex

Essex Parks & Recreation Department 776-7336
Essex Centre for Arts, Aquatics & Rec. 776-8992
Essex Memorial Arena 776-8952
Harrow Colchester South Centre 738-6801
Essex Youth Centre 776-9000
Harrow Colchester South Teen Centre 738-4050
Essex Retirees Social Club 776-6689
Community Information 776-4231

Town of Kingsville

Kingsville Parks & Rec. Department 733-2123
Kingsville Seniors Community Group 733-5162

Town of Lakeshore

Lakeshore Parks & Rec. Department 728-2700
Belle River Good Neighbours Club 728-2138
Belle River Information Centre 728-1435

Town of LaSalle

Leisure Services Department 969-7770 ext.277

Town of Leamington

Leamington Kinsmen Rec. Complex 322-2337
Half Century Centre 326-2521
Senior's Centre 326-2521

Town of Tecumseh

Tecumseh Parks & Rec. Department 735-4756
Tecumseh Golden Age Club 735-6455

Nature Preserves

Essex Region Conservation Authority 776-5209
Ojibway Nature Centre 966-5852
Point Pelee National Park of Canada 322-2365

Indoor Activity Sites

Devonshire Mall Walkers 966-3100

Outdoor Activity Sites

Ford Test Track: asphalt track & playing fields
Ganatchio Trail: paved trail
River Walk: paved trail
Chrysler Canada Greenway 776-5209

Other Non-Profit Facilities

Centres for Seniors Windsor 254-1108
St. Clair College 972-2715
Univ. of Windsor St. Denis Centre 253-3000 ext.7029
Windsor Jewish Community Centre 973-1772
YMCA of Windsor-Essex County, (Main) 258-9622
(Essex) 776-7305

Fitness Centres

Check local telephone listings.



Heart Health Action Windsor-Essex

Mission Statement

Our mission is to generate excitement about healthy lifestyles and optimum health for all Windsor-Essex County residents. We will do this by working with the community as our partner to encourage and support healthy eating, regular physical activity and reduced tobacco exposure.

Tips for Becoming an Ex-smoker

- Quitting takes practice
- Find out what your triggers are and try to avoid them
- Pack some crunchy vegetables, fruit or sugar-free chewing gum to counter cravings
- Don't smoke in your home or car
- Get professional help if you are having trouble quitting

Tips for Eating Well

- Go for vegetables, fruit and whole grains more often
- Choose lean meat and keep the portion about the size of a deck of cards
- Go easy on added fats
- Choose lower fat milk products

Tips for Getting Active

- Choose activities you enjoy
- Be active with friends and family
- Try to be active for a total of 30 minutes every day
- Start slowly...and build up



For more information contact us at:

Tel: (519) 258-2146 ext. 1281
www.windsor-heart-health.com

Revised December 2001



**Live better.
Live longer.**

Keep Your Heart Healthy!

Help for Smokers

Help for Eating Well

Where to Go to Get Active



Your health, three risk factors, and simple ways to get more out of life... look inside!

Heart disease is the #1 killer.

On average, 700 people in Windsor and Essex County have died from heart disease each year.



Healthy lifestyle habits can reduce your risk of heart disease.

“The fact is that when it comes to the three modifiable risk factors for heart disease, we’re not doing so well. If I could encourage people to do just three things to prevent heart disease, it would be to not smoke, to eat better and to be physically active. No question about it!”

Dr. G. Allen Heimann
Medical Officer of Health
Windsor-Essex County Health Unit

**Be Smoke Free
+ Eat Well
+ Get Active**

= Heart Health!



Help for Smokers

Canadian Cancer Society 254-5116
Offers free of charge posters, bookmarks and booklets including *For Smokers Who Want to Quit, If You Want to Help a Smoker Quit* and *For Smokers Who Don’t Want to Quit*. The toll free *Smokers’ Help line* (1-877-513-5333) provides free information, advice and support.

Centre for Addiction and Mental Health
[//sano.camh.net/geninfo/quiten.htm](http://sano.camh.net/geninfo/quiten.htm)
Fact sheets on *Ways to Quit Smoking* can be downloaded.

Health Professionals
Discuss quit smoking options with your doctor, dentist, pharmacist or other healthcare provider.

Heart and Stroke Foundation of Ontario, Windsor-Essex County Chapter 254-4345
www.heartandstroke.ca/
Fact sheets and pamphlets are available.

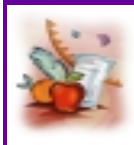
Libraries www.joechemo.org
Your local library has books, audio cassettes and videotapes on quitting smoking. There is also free access to the internet.

The Lung Association, Windsor-Essex 256-3433 or 1-800-972-2636
The self-help booklet *Get On Track* is available to those who are actively making changes to quit smoking and remain smoke free. Cost: small fee.

Sandwich Community Health Centre 258-6002
Free services include one-to-one counselling to support people who want to quit or have already quit smoking. Individuals must live in the Sandwich Community area to be eligible for services.

Teen Health Centre 253-8481
Free counselling for individuals 12-24 years of age.

Windsor Essex County Health Unit 258-2146 ext.1230
Discuss quit smoking options and develop a plan to quit. Call the tobacco hotline to learn about local smoking by-laws and sources for smoking cessation.



Help for Eating Well

Building Blocks for Better Babies 977-6862
This program helps expectant mothers learn about nutrition and health for themselves and their babies. Free vitamin supplements and food vouchers are available.

Canadian Diabetes Association 253-1797
Examples of sample eating plans for people with diabetes are available for free. A variety of healthy choice cook books are for sale at on-site supply centre.

Diabetes Wellness Centre 254-3402
Registered Nurses (RN) and Registered Dietitians (RD) provide information, education and support for people living with or at risk for developing diabetes.

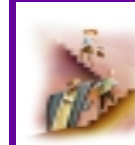
Heart and Stroke Foundation of Ontario, Windsor-Essex County Chapter 254-4345
Pamphlets, cookbooks and cooking videos are available. The toll free *Health Line* is 1-888-473-4636.

Sandwich Community Health Centre 258-6002
An RD will provide free, individual counselling to clients who are referred by a doctor. Group sessions, workshops, and education programs are offered regularly.

Teen Health Centre 253-8481
An RD provides free nutrition counselling for adolescents and young adults aged 12 to 24 years.

Windsor-Essex County Health Unit 258-2146 ext.1230
www.wechealthunit.org
RDs answer general nutrition questions and provide healthy eating handouts. *Shop Smart Supermarket Tours* are provided to the public free of charge. Ask for a copy of *Food Steps*, a self-help, healthy eating program, or the *Eat Smart Dining Guide*, which lists local restaurants that offer healthier food choices.

Outpatient Clinics of Hospitals
Doctors may refer clients to RDs for clinical nutrition issues such as diabetes, hypertension, abnormal blood cholesterol, obesity, intestinal problems, paediatric concerns, liver disease and kidney disease.



Where to Go to Get Active

Windsor-Essex County Health Unit 258-2146 ext.1230
General information and resources about physical activity are available. *Canada’s Physical Activity Guide to Healthy Active Living* for adults and for older adults are available free of charge.

Windsor-Essex County Active Living Coalition 258-2146 ext.1210
This group advocates for community resources that support healthy active living. They also organize special active living events. Free copies of the Family Active Guide are available.

Heart and Stroke Foundation of Ontario, Windsor-Essex County Chapter 254-4345
Information about the cardiac rehabilitation program, heart club and mall walking are available.

Municipal Departments of Parks and Recreation
Each municipality operates community centres, arenas, parks, pools and sport fields, which provide a variety of programs for the whole family. Ask about registration in minor sports such as baseball, basketball, figure skating, hockey, lacrosse or soccer. Use the following list to contact them for details.

Windsor

Windsor Department of Parks & Rec.	253-2300
AKO Neighbourhood Centre	945-2452
Begley Neighbourhood Centre	253-7028
College Avenue Community Centre	253-5576
Edward Street Neighbourhood Centre	945-7426
Forest Glade Community Centre	735-3536
Gino A. Marcus Community Complex	253-7028
Marlborough Neighbourhood Centre	253-5576
Oakwood Community Centre	966-6065
Optimist Community Centre	253-5592
South Windsor Recreation Complex	966-6040
Windsor Water World/Glengarry C.C.	253-3806