

# Active Lifestyle



## The Issue:

With fewer organized recreational groups and facilities in rural Nova Scotia, there aren't as many opportunities for an active lifestyle.

## Description:

Communities and facilities are separated geographically, making it difficult to organize teams for various sports and maximize use of recreational facilities.

## Nova Scotia Connection:

A 2015 Health Profile showed 61% of the Nova Scotia population is overweight or obese.

## More Info:

[Recreation Strategy for NS](#)

[NS Needs a Lifestyle Shift](#)

[NS Stats on Physical Activity](#)

## Associated Issues:

Physical activity; Community Engagement; Access to Facilities; Obesity; Chronic Disease