

# Wellness Walk running in Shelburne now until November

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Shelburne residents get ready to tie up your shoe laces.

Dufferin Area Family Health Team (DAFHT) has partnered with local healthcare and social service community organizations to bring the Wellness Walk to Shelburne.

"I'm very excited that we're able to get this up and running," said Heidi Vanderhorst, program manager for DAFHT. "It's a great program to bring to any community because it promotes wellness and walking as exercise while also giving people an opportunity to come out and socialize."

DAFHT's Wellness Walk originated in Orangeville a number of years ago, and allows community members of all different ages and speeds the opportunity to both exercise and socialize. The free program, which runs from May until November, consisted of a one hour walk around Island Lake when it ran in Orangeville.

In past years, DAFHT has operated a similar in-door walk in Shelburne but this year will mark the first outdoor walking program.

"We thought we would try to expand it further into Shelburne in order to facilitate our northern patients and community as well to participate in it," said Vanderhorst.

Shelburne Physiotherapy is one of the local health care providers who is partnering with Dufferin Area Family Health Team to bring the program to the community.

"As a business the best way I can give back to the community is with my knowledge and care in my own field," said David Egbert, owner of Shelburne Physiotherapy. "This program is super supportive for the community by not only promoting healthy lifestyle, but also getting people out and community involved."

Speaking with the Free Press, Egbert noted the benefits of walking as a form of exercise.

"When we talk about the benefits of walking, one is that it gets you up in the morning and moving to start your day. Even if it's simply going out for 30 minutes to an hour, not only are there cardiopulmonary benefits, but there's also benefits for joints, muscles, and ligaments. It's often a great way to start a program for fitness and it can also be important for your mental health."

The Wellness Walk in Shelburne has a number of community partners involved including Family Transition Place, Shelburne and Dundalk Chiropractic, and Shelburne Pharmacy.

The first Wellness Walk in Shelburne will take place on Friday (May 13). The program will run every second and fourth Friday of the month from 9 a.m. until 10 a.m. The route for the walk will start at the Shelburne Physiotherapy Centre and head to Fiddle Park. The Shelburne Wellness walk will run rain or shine from May until October.