

# Resources

Canadian Cancer Society

<http://www.cancer.ca>

Canada's Physical Activity Guide to Active Healthy Living

<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

Eating Well with Canada's Food Guide

[http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/print\\_eatwell\\_bienmang\\_e.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang_e.pdf)

Gmaps Pedometer

<http://www.gmap-pedometer.com>

Heart and Stoke Walkabout

<http://www.walkaboutns.ca>

Speakwell – Dr. Martin Collis

<http://www.speakwell.com/index.shtml>

Take the Roof off winter

<http://www.taketheroofoffwinter.ca/>

Trails Nova Scotia

<http://www.trails.gov.ns.ca/>

