

Rainbow Routes

Rainbow Routes Association (RRA) is an incorporated, not-for-profit organization and registered charity. It was founded in 1998, to be the lead organization in development of the Trans Canada Trail through the District of Sudbury, which when completed will be 95 km long. In recent years, RRA has evolved to include sustainable mobility issues in the City of Greater Sudbury.



Trails4Life

The Sudbury & District Health Unit (SDHU), The City of Greater Sudbury (CGS), Rainbow Routes Association (RRA) and Sudbury Bioski have partnered and now, with provincial funding, aim to provide new physical activity opportunities to people over the age of 55 years with the **Trails4Life** project.

This community project will provide free urban poling, snow shoeing and cycling workshops in Sudbury, Espanola, Massey and on Manitoulin Island to keep our communities active!

To learn more call 705-674-4455 ext. 4535 or visit www.rainbowroutes.com



Trails4Life

Urban Poling • Snowshoeing • Cycling

Trails4Life activities can help:

- Diabetes
- Osteoporosis (mild)
- Obesity
- Sport Injuries
- Psychological Issues (confidence, mood)
- Cardiac Rehabilitation
- Fall Prevention
- Hip and Knee Replacements (once fully weight bearing)
- Repetitive or Soft Tissue Injuries (post acute phase)
- Multiple Sclerosis (mild to moderate)
- Parkinson's Disease (mild to moderate stage)
- Cane or Walker Users
- Breast Cancer Rehabilitation
- Arthritis (moderate stage)



Trails4Life

Urban Poling • Snowshoeing • Cycling



Trails4Life provides urban poling, snowshoeing and cycling workshops to older adults in Sudbury, Espanola, Massey and on Manitoulin Island.



Urban Poling

Urban poling/ Nordic walking/ Exerstriding uses 90% more muscles than just walking and turns walking into full body workout! Improve your posture, balance and stability!

- FREE use of poles
- Perfect for strengthening and toning
- Great for rehabilitation
- Reduces impact on knee and hip joints
- Burns 20-40% more calories than walking

“I had been a certified fitness instructor for 10 years when, little by little, the active lifestyle I loved came to a standstill due to osteoarthritis. Then I discovered Urban Poling. And to my amazement, I could walk for longer periods of time and with significantly less discomfort using the poles. This activity is fun and easy to learn, and I purchased the fitness poles on the spot.”

Fran Betts, community relations coordinator - Sarnia, Ont.
VON SMART Exercise Programs



Snowshoeing

Today’s snowshoes are light, more streamlined and have adjustable bindings. Made of high-tech aluminum plastic or carbon fibre frames, they are designed to fit to the individual gait and foot.

Metal crampons—which are basically “teeth” on the underside of the shoe—provide traction and stability.

- Low-impact—snow provides a shock absorbing cushion
- A cardio workout that builds strength, agility, balance and endurance
- With poles—a full-body workout
- Strengthens spine, reduces back pain and relieves stress
- According to two independent studies conducted by Ball State University and the University of Vermont, snowshoers can burn between 420-1000 calories per hour (more calories than running!)



Trail Cycling

By controlling the pace and amount of time you spend cycling, you can gradually build up fitness.

According to the British Medical Association, cycling just 20 miles a week can reduce the risk of coronary heart disease by 50%.

- A low-impact way to get to know the area around you better
- Build strength, muscle tone, and stamina
- Uses large groups of muscles and provides aerobic exercise – the most important type of exercise for maintaining health
- Improves coordination and reduces stress
- Strengthens immune system

“Even if you have pain walking, you can still ride a bike, because it isn’t weight bearing. In fact, most people find that they are able to cycle comfortably when they’re well into their 70s and 80s.”

Andrew Pruitt, EdD, Director of Boulder Center for Sports Medicine in Colorado.