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## **Yarmouth County Wins the Heartland Tour’s Most Active County Award**

Yarmouth County has won the Heartland Tour’s Most Active County Award for 2022. The award (\$2500) recognizes that Yarmouth County enjoyed the largest rate of public participation in the 2022 Heartland Tour.

The Heartland Tour is a province-wide public awareness and engagement initiative of the Cardiac Cycle Society of Nova Scotia. An all volunteer undertaking, the Tour aims to encourage Nova Scotians of all ages and abilities to become more physically active in their daily lives as a means to improving health status.

Funding for this award was made possible by the sponsorship of the Wild Blueberry Producers Association of Nova Scotia.

“Since 2007 the Heartland Tour travels the province each July to help get Nova Scotians moving,” says Dr. Nicholas Giacomantonio, a Halifax-based cardiologist and founder of the non-profit society that organizes the Tour. “It all started 15 years ago in Yarmouth so this success is most appropriate and a tribute to our community volunteers and the people of the area.”

The Most Active County Award was started in 2020 and was won that year by Digby County. Pictou County claimed victory in 2021. This year, Yarmouth narrowly beat out Lunenburg County.

The Heartland Tour leadership team in Yarmouth County will coordinate with municipal recreation officials to award the \$2500 to a community volunteer group for a recreational trail project that supports physical activity.

“Everyone knows being physically active is important for our health and well-being; what many may not realize is something as simple and going for a walk on a regular basis works. The important thing is to get started, says Dr Giacomantonio. “Get moving, stay well.”

For additional information:

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