



**“Physical Activity for Public Health Workshop”
Canadian Fitness and Lifestyle Research Institute
Digby Pines Golf Resort and Spa
Digby, Nova Scotia
September 27 – 30, 2007**

Activities at the Digby Pines Golf Resort & Spa

The Digby Pines Golf Resort and Spa has been welcoming guests to the Norman-Style Chateau overlooking the beautiful Annapolis Basin since 1929. During your stay, why not take advantage of some of the various activities offered in and around the resort.

Fitness Facilities: Relax by the heated outdoor pool, enjoy the sauna or spend some time using the equipment in the Fitness Centre. Have a game of tennis, bocce or shuffleboard or challenge someone to a match of outdoor chess!

Fitness Centre Hours of Operation:

Open from 7:00 am to 10:00 pm daily
Changing rooms, showers and lockers are available.

Cardiovascular Equipment and Strength Machines Available:

*Bowflex	*Stair Climber (1)
*Treadmill	*Weight Training
*Rowing Machine	*Sauna
*Stationary Bikes (2)	

Bocce Ball: Equipment available at the front desk (some advance notice is required for set-up).

Lawn Croquet: Equipment available at the front desk (some advance notice is required for set-up).

Outdoor Chess: Chess pieces are about 2 1/2 ' tall; two people can play at one time. Inquire at the Front Desk.

Outdoor Swimming Pool: The heated outdoor pool is sheltered and is lit for evening swimming. Change rooms, showers and lockers (locks available at the Reception Desk) are also located in the fitness centre. Towels are provided. The pool is open from 7:00 am to 10:00 pm daily.

Shuffleboard: A large four-player shuffleboard is located in the gardens across from the main entrance.

Tennis Courts: Located directly across the street from the Digby Pines Resort are two plexi-paved, flood lit tennis courts, open from 7:00 am to 10:00 pm. Proper attire is required. Court times are available by the hour and reservations can be made through Guest Services. Tennis rackets and balls available, if required.

Golf Course: As one of Canada's finest golf courses (designed by Stanely Thompson), the challenging 18 hole championship layout winds it way through picturesque pine trees and over a winding brook which widens into ponds on holes 2 and 16.

Cost: Green Fees: \$43 (+ tax) / Power Carts: \$32 (+ tax)

Note: Please book tee times in advance. Exact numbers for pre-booked tee times and power carts must be guaranteed 10 days in advance of play date directly with the Pro Shop (call 902-245-7709).

Walking/Hiking: Take a walk or a run in the wooded 3 km of hiking trails (includes 10 exercise stations). Go for a Beach Walk or wander Digby's historic waterfront lined with a Boardwalk, shops, banks, museums; stroll through the Marina and past the colourful scallop fleet tied up at the Fisherman's Wharf, observe a working boatyard or see how a lobster is caught. Please note that Bicycles & Helmets are available, if required. Please inquire at the Front Desk.