

# Get in Shape with Active Comox Valley's Library!

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*By Robyn Butler,  
Active Comox Valley Coordinator*

Are you looking to try an exercise program but not sure where to start? Now you can jumpstart your activity level for free with Active Comox Valley's new lending library for all ages. As part of ACV's mandate to help provide free and low-cost activities to residents of the Comox Valley, a lending library has been set up with a choice of fitness bins of equipment to help incorporate activity into your day, either on your own or with friends and family. It can be as easy as playing a pick-up game of soccer in the park during a family picnic, or strapping on some hand weights while going for a walk with a friend.

For those looking for a more traditional workout, strength and resistance equipment is also available, along with instructional DVDs and handouts to ensure proper technique and form.

The new media wave of exercising is a great way to work up a sweat—ACV has two WiiSports consoles available for loan, a great way for a family or large group to have fun while getting fit at the same time. Challenge yourself and your opponents to an energizing game of tennis, golf, bowling and even boxing!

The lending library is free, however, a credit card deposit is required in case of damaged or lost items—\$25 for the exercise bins and \$200 for the WiiSports.

## THE ACTIVE COMOX VALLEY INITIATIVE BEGAN IN SEPTEMBER 2005

Items may be borrowed for a two-week period by calling the Comox Valley Sports Centre at (250) 334-9622 between 9 a.m. and 3 p.m. Monday to Friday, excluding statutory holidays.

Ask for the Family Picnic Bin (adult and child sized baseball gloves and baseballs, football, Frisbee, playground ball, and soccer ball), the Workout Bin (resistance tubing, weighted resistance ball, weights, jump rope, Total Body Toner DVD, and pedometer), or the Older Adult Bin (pedometer, light walking weights, and power walking and resistance exercises DVDs).

Give it a try, your body will thank you!

**For more information, visit [www.activecomoxvalley.ca](http://www.activecomoxvalley.ca) or call (250) 890-9116.**