

Halton Highlights January 2020

Build physical activity into your daily routine to stay healthy

Making physical activity part of your everyday life at home, school and work can have a positive impact on your overall health and well-being. Regular physical activity can boost energy levels, contribute to better sleep, reduce stress and even prevent disease to help you live a longer, healthier life.

According to the Canadian Physical Activity Guidelines, the average adult should be physically active for at least 150 minutes every week—a little more than 20 minutes each day. Halton Region offers a number of resources to help you build physical activity into your daily routine, including:





- physical activity guidelines and nutritional resources for all ages;
- information about walking, active transportation and cycling; and
- tips on how to be active at work and at school.

For more information and tips on how to be active and stay healthy, visit **halton.ca**.



Tips to prevent frozen plumbing

During extreme cold temperatures, it is important to make sure that your indoor plumbing is adequately heated to avoid freezing. Here are some tips to prevent frozen plumbing and potential disruption to your water supply:

-  ensure there is sufficient heat wherever plumbing is located in your home, especially at the water meter;
-  drain exterior taps and shut off from the valve inside your home;
-  ensure there is proper air circulation where plumbing runs close to exterior, non-insulated walls; and
-  when your property is vacant, make sure the household temperature is not set too low.

To find more information about how to prevent frozen plumbing, visit **halton.ca**.



Keeping you informed by highlighting what makes Halton a great place to live.

Gary Carr, Regional Chair

2020-2021 waste collection schedule

The 2020-2021 Halton Region Guide and Waste Collection Calendar will be delivered by mail at the end of January. This year's guide includes:

- your household's weekly collection schedule from February 2020 to January 2021;
- a one-page waste sorting tool to place in a convenient location in your home;
- information on how to use our waste programs and services;
- waste reduction tips and lists of acceptable items; and
- information about other Regional programs and services.

You can also get curbside waste collection information online or on your smartphone! Visit **halton.ca/waste** or download the OneHalton app to see your personalized schedule, sign up for weekly reminders or use our Put Waste in its Place sorting tool.

Thank you for your continued participation in our waste management programs and for working together to reduce community waste!

Meetings at Halton Region

1151 Bronte Rd., Oakville, L6M 3L1

Visit **halton.ca** for full schedule.

January 15 9:30 a.m. Regional Council

Please contact us as soon as possible if you have any accessibility needs at Halton Region events or meetings.

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