

The difference made by staying active and in the outdoors!

A story of Norm Hohban in the Georgetown, ON, area

Norm Hogban lives in Georgetown, Ontario. He is a retired citizen who loves to stay active and enjoy the outdoors. He says he goes very frequently to the Terra Cota conservation area to cross-country ski in the winter and to hike and bike once the snow clears, “Until the bugs come!” and he laughs. Norm makes a big distinction of exercising in the city or indoors with exercising outdoors in nature. “If I walk on a trade-mill for an hour I would be bored out of my skin, if I walk through a conservation area and walk for an hour then the hour goes by flying.” He also says that there is something about being human that makes you want to go back to nature; “In a natural setting you feel more comfortable, you are in an environment that immediately makes sense to you, it just makes you feel good.”



“In the fall I spend most of my time in the Terracotta Conservation area, going at least twice a week. I can go mid-week because I am retired. I have the whole place for myself. I love the silence, you don’t hear any cars or people, as you would in a city park. The stillness and the quietness is something I enjoy. This is the ideal place to get my exercise and relax my mind.”



Towards the end of our conversation, Norm emphasized on the sense of adventure you get when you go out into natural environments. “Nature provides a sense of adventure, makes you feel like you are truly alive. If you lived your entire life in downtown Toronto, you would think that an adventure is crossing a street, and you would be missing true adventures in nature, with all the beautiful challenges it has to offer”.