



**Canadian Council of
Snowmobile Organizations**
**Conseil canadien des
organismes de motoneige**

*A volunteer led, not-for-profit
national organization which, through
strong leadership, provides support
to our members and provides the
unified voice of organized snowmobiling
at the national and international levels.*

Go snowmobiling...

It's good for your health!

- 1** A significant portion of a typical snowmobile ride qualifies as at least moderate-intensity physical activity. Try to get 150 minutes of exercise each week. (1-8)
- 2** Physical activity performed by snowmobiling could help treat the symptoms of depression and anxiety. (1-8)
- 3** Major depressive disorder is the second leading cause of global disability, and generalized anxiety disorder affects about 5% of Canadians. (1-8)
- 4** A single bout of physical activity like snowmobiling on the weekend can have positive effects on mental health that last up to a week. (1-8)
- 5** Physical activity performed outdoors and in the wilderness is more beneficial to mental health than indoor physical activity. (1-8)
- 6** Snowmobiling with friends or family can improve mental health by increasing feelings of support and distracting from worrying². (1-8)
- 7** Learning a new skill, such as snowmobiling, can build self-confidence and reduce feelings of anxiety. (1-8)
- 8** Seasonal affective disorder (SAD) most frequently occurs in winter. Performing physical activity via snowmobiling could be an effective way to combat the symptoms of SAD. (1-8)

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Snowmobiling is great exercise that brings people outdoors to interact with nature and each other.

It is an invigorating sport that is great for stress release and good mental health.

Snowmobiling is a great family lifestyle. It is an activity that keeps parents and kids together.

Historically, individuals who snowmobile at a young age continue to snowmobile with their parents throughout their lives, sharing great experiences as a family. In many winter regions, snowmobiling is the main form of winter outdoor recreation. In some cases, it is the main method of transportation.



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