

Residents of Victoria have many advantages that allow them to enjoy good health, well-being, and happiness. For example, Victoria’s mild climate means locals can take part in outdoor activities at all times of year, and in so doing, maintain a good quality of life. Unlike residents of other Canadian cities who have to retreat indoors due to seasonal extreme weather, Victorians can participate in activities such as cycling, fishing, hiking, kayaking, scuba diving and sailing year-round (Tourism Victoria, n.d.-b). Victoria is also at the start of the Vancouver Island Golf Trail, which provides 11 golf courses (Tourism Victoria, n.d.-a, para. 2). Physical activity is a key aspect of good health (Public Health Agency of Canada, 2012, Health Benefits section, para. 3), and outdoor pursuits in particular have the added benefits of “fresh air, exercise, reconnecting with nature [and] rejuvenating your inner spirit” (City of Victoria, 2012, para. 1). Since regular exercise promotes good mental health, such as reduced stress levels and higher self-esteem (Public Health Agency of Canada, 2012, Health Benefits section, para. 3), a healthier, more active lifestyle also allows Victorians to experience greater happiness since “research connects happiness to physical well-being, mental well-being...[and] health” (Greater Victoria Happiness Index Partnership, 2009, p. 3). In fact, in a 2009 Happiness Index Survey, respondents from Victoria assessed their own life satisfaction and happiness on ten-point rating scales and reported an average score in both categories of 7.6 out of 10 (Capital Regional District et al., 2009, p. 4), placing Victorians close to the Canadian average of 7.7 out of 10 (p. 4). Canada usually places within the top five countries in the rankings of life-satisfaction and happiness (p. 4), so Victorians can truly enjoy world-class levels of well-being and happiness. It’s not only access to outdoor activities that help Victorians achieve good health and well-being; Victoria’s social and community vitality also provide key supports.

Topic  
sentence &  
argument

Evidence

Analysis

Evidence

Analysis

Conclusion

Transition

Social connections within a community have a significant impact on happiness and well-being (Capital Regional District et al., 2009, p. 7), and Victorians benefit from the local services and structures that help them make those connections. [Paragraph continues]

Topic  
sentence &  
argument

## References

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