

Physical Activity

Physical inactivity is a serious risk factor for premature death, chronic disease & disability. Did you know that physical inactivity is as dangerous to your health as smoking is? 2/3rds of all Canadians are inactive.



There are 3 types of activities to do to keep your body healthy:

1. Endurance Activities
2. Flexibility Activities
3. Strength Activities

Do a variety from each group to get the most health benefits

Walking, taking the stairs, reduce sitting activities, stretching, playing with your kids, biking, physical activity classes etc are all great activities to become involved in.

Recommendation: accumulate 60 minutes of physical activity everyday to stay healthy/improve health. As you progress to more moderate activities you can cut down to 30 minutes, 4 days a week.

Benefits of Regular Physical Activity:

- o Better Health
- o Improved Fitness
- o Better Posture & Balance
- o Better Self-Esteem
- o Weight Control
- o Stronger Muscles & Bones
- o Feeling more energetic
- o Relaxation and stress reduction
- o Continued independent living later in life

Health Risks of Inactivity:

- o Premature Death
- o Heart Disease
- o Obesity
- o High Blood Pressure
- o Adult On-Set Diabetes
- o Osteoporosis
- o Stroke
- o Depression
- o Colon Cancer