

Benefits of Regular Physical Activity

- Improved health
- Better posture and balance
- Maintain healthy body weight
- Increased energy

Remember...

- You are never too young or old to benefit from being physically active
- One proven way to cope with stress is regular physical activity
- Walking is the most popular activity for people and is an effective and inexpensive way to improve your heart health
- Physical activity need not be strenuous to be beneficial



What is *in motion*?

Saskatoon Health Region is leading the collective action of community partners in making Saskatoon and region the healthiest community in Canada through physical activity.

For more information visit:

www.in-motion.ca
306.655.DO IT

More ideas on how to use your *in motion* Activity Chart:

- ♥ Try to be active everyday for at least 30 minutes.
- ♥ Even small amounts of physical activity add up. Be active for 10 minutes, 3 times per day.
- ♥ You can record the time you were active, the distance you went or the activity you did, whichever works for you (or record all three!).
- ♥ Post your activity chart in a visible location, this will not only help motivate you, but it will be a great reminder!
- ♥ Encourage your entire family to participate. At the end of each month “celebrate” your success!
- ♥ Find a buddy to be active with or start a community walking club.
- ♥ Remember Do It for your health...Do It for life!

Our Time to Shine Celebrate Saskatoon...100 years!

On May 26, 1906, the towns of Nutana, Riversdale and Saskatoon with a combined population of 4500 people, joined together to form the City of Saskatoon. Saskatoon has come a long way since its incorporation day almost 100 years ago, it is now a vibrant city that is “in motion”!