

Physical Activity Facts

"If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation"

(Robert N. Butler, M.D., Former Director, National Institute on Aging)

Being "in motion" means being **physically active** on a **regular basis**.

Benefits of being "in motion":

- o Feel more energetic
- o Reduced stress
- o Stronger muscles and bones
- o Improved fitness
- o Better posture and balance
- o Improved self-esteem
- o Sleep better and feel more relaxed
- o Reduced body fat
- o Better health and appearance
- o More independence in later life

Did you know that more people face increased health risks due to physical inactivity than face risks due to smoking?

Risks of not being "in motion":

- o Premature death
- o High blood pressure
- o Obesity
- o Depression
- o Heart disease and stroke
- o Adult-Onset Diabetes
- o Colon cancer
- o Osteoporosis

It's easy to include physical activity, so put your body "in motion" every day!

Even small amounts of physical activity throughout the day can add up to what you need for a healthier and longer life.

Try taking 3 physical activity snacks (10 minutes) during the day to add up to 30 minutes.

For a "healthy you", choose from a variety of ways to be "in motion":

<u>Light Effort Activity</u>	<u>Moderate Effort Activity</u>	<u>Vigorous Effort Activity</u>
<p style="text-align: center;">60 minutes a day 7 days a week</p> <ul style="list-style-type: none"> - bowling - canoeing - curling - golfing - mowing the lawn - walking 	<p style="text-align: center;">30-60 minutes a day 4-6 days a week</p> <ul style="list-style-type: none"> - bicycling on level ground - brisk walking - dancing - raking leaves - swimming 	<p style="text-align: center;">20-30 minutes a day 4 days a week</p> <ul style="list-style-type: none"> - aerobics - bicycling on hills - chopping wood - cross-country skiing - fast swimming - jogging - squash/racquet ball

The source for the above benefits, risks and activity recommendations is *Canada's Physical Activity Guide to Active Living*, available free from Health Canada at www.paguide.ca