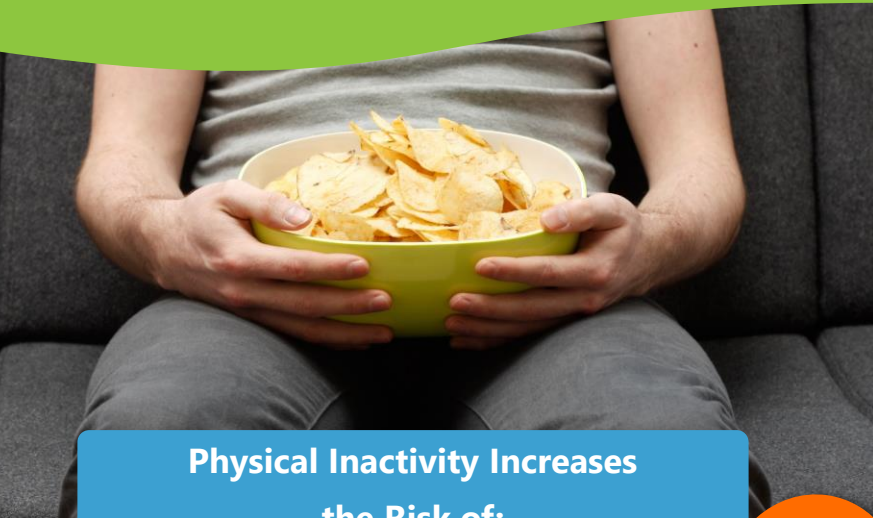


# BREAK DOWN THE BARRIERS

## TIME TO MOVE: THE IMPACT OF A SEDENTARY LIFESTYLE

While it might be more enticing to retreat to the couch after work, a walk around the neighbourhood does the body good. Most people would agree that their health is what matters most to them, yet physical inactivity remains a worrisome trend that has a direct effect on our health and wellness.

Physical inactivity is the 4<sup>th</sup> leading risk factor for mortality worldwide!



### Physical Inactivity Increases the Risk of:



Chronic diseases like cardiovascular disease, diabetes, cancer, and obesity.



Loss of muscle and bone strength.



Hypertension, stroke, depression, insulin resistance, osteoporosis.



Lack of energy, focus, circulation.

### DID YOU KNOW?

Only approximately 2 out of 10 Canadians meet the Physical Activity Guidelines of 150 minutes of moderate exercise per week.



Canadians spend approximately 9.5 hours sedentary. That's approximately 60-70% of our waking hours.

Estimated to be the cause of 21-25% breast & colon cancer, 27% of diabetes, and 30% of heart disease cases.



### SAY NO TO



### SAY YES TO



Sources: <https://www.who.int/dietphysicalactivity/pa/en/>

<https://www.ctvnews.ca/canadians-spend-most-of-waking-life-sedentary-statscan-1.597754>

<https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/2016-health-status-canadians/page-13-what-influencing-health-physical-activity.html>