

MOVE YOUR WAY



Start Where You Are

WALK. RUN. DANCE. PLAY. WHAT'S YOUR MOVE?



Everyone needs physical activity to stay healthy, but it also helps boost your mood and energy level, sharpen your focus, manage stress, and improve your sleep. Studies also indicate that exercise supports longevity. People who are physically active and at a healthy weight live about seven years longer than those who are not. Staying active helps delay or even prevent chronic illnesses associated with aging, so active adults maintain their quality of life and independence longer as they age.

While it may be tempting to retreat to the couch after work, opting for a workout, bike ride, or simply a walk around the neighbourhood is a better choice! Most people agree that their health is what matters most, yet inactivity remains a worrisome trend that has a direct impact on our health and wellness.

The Canadian Physical Activity Guidelines recommend the following for adults aged 18 to 64 years...

- Accumulate at least 150 minutes of moderate to vigorous-intensity aerobic exercise each week.
- Add muscle and bone-strengthening activities using major muscle groups at least 2 days per week.
- More physical activity provides greater health benefits!

The Bad News...

- Canadians employed full-time are sedentary for 68.9% of their day.
- Only 18.5% of Canadians meet the Physical Activity Guidelines
- Physical inactivity is the 4th leading risk factor for mortality worldwide!

THE FOUR TYPES OF EXERCISE

Most people exercise by focusing on one type of activity and think they're doing enough, but research has shown that it's important to include all four types of exercise: aerobic, strength, stretching, and balance. Each has its benefits. Variety also helps reduce boredom and the risk of injury. No matter your age or fitness level, you can find safe and fun ways to get active.

<h4>AEROBIC EXERCISE</h4> <p>Endurance activities increase your breathing and heart rate. They help keep you healthy, improve your fitness, and help delay or prevent common diseases.</p> <p>Try brisk walking, jogging, biking, sports like tennis and soccer, swimming, and yard work.</p>	<h4>STRENGTH TRAINING</h4> <p>Strength training helps rebuild muscle mass we lose as we age. It also stimulates bone growth, lowers blood sugar, and reduces back and joint pain.</p> <p>Try body weight exercises (push-ups, squats, lunges) and resistance exercises with weights and bands.</p>	<h4>STRETCHING</h4> <p>Stretching improves flexibility, which helps muscles function properly, increases range of motion, and reduces pain and risk of injury.</p> <p>Try dynamic stretches (repetitive motions like arm circles) and static stretches (hold a position for up to 60 seconds).</p>	<h4>BALANCE EXERCISES</h4> <p>Improving balance makes you steadier on your feet and helps prevent falls. Lower-body strength exercises also help improve balance.</p> <p>Try tai chi, yoga, pilates, and exercises like standing knee lifts and heel-to-toe walking.</p>
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Sources www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing
www.health.harvard.edu/exercise-and-fitness/the-4-most-important-types-of-exercise | Images from Freepik.com