

According to Canada's Physical Activity Guide to Healthy Active Living, adults need 60 minutes of light effort activity most days of the week. Activity needs to be in periods of at least 10 minutes. Slowly increase the length of activities by a few minutes, until you can do 60 minutes of light activity safely. As this becomes easier, slowly increase the length of your activities or increase how hard you work during the activities.

Write down a challenge to being active every day and consider a solution to overcome it.

Challenge: _____

Solution: _____



- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 **Be active every day**
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 Watch less TV

Every step you take, every move you make, is a healthier you! Aiming for 60 minutes of physical activity every day is the Motiv8 way to be active.

For more information visit www.eatwellgetfitlivelife.ca



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Be Active Every Day



Eat well. Get fit. Live life.

www.eatwellgetfitlivelife.ca

Record your activities in a journal to see the progress you make and keep you motivated. Also finding a partner to be active with will provide you both with encouragement, support, and enjoyment.

Most of us know that we should be physically active to stay healthy, maintain a healthy weight, and prevent chronic diseases. Sixty-three percent of Canadians are not physically active enough to achieve health benefits. Physical activity has been removed from our lives by modern conveniences such as remote controls, escalators, and drive-thru everything. These make our lives easier and save us time, but it is at the cost of our health. We need to make physical activity a regular part of our lives again. Physical activity is a factor that can improve your health at any age.

There are three types of activities your body needs to stay healthy.

1

Endurance Activities
such as walking or cycling

2

Flexibility Activities
such as yoga or stretching

3

Strength Activities
such as weight training or heavy yard work

Not enough time to be physically active?

Physical activity does not need to be complicated; it can include many of your regular daily activities. There are many activities to choose from that will help you achieve health benefits. Try these tips to get active:

- Play active games with your kids
- Bike or walk to work or to run errands
- Schedule exercise into your day and make your appointment
- Go for a brisk walk on your break with a friend
- Take the stairs instead of the elevator
- Park farther away from your destination and walk
- Do yard work instead of hiring someone else to do it
- Take dancing lessons or dance around the house
- Do stretching exercises while watching TV
- Do body weight exercises during TV commercials
- Purchase active toys
- Join a recreational sports team
- Go to an exercise class



Walk at break

Park further away

Bike to work



Take the stairs

Dance around the house

