

Physical Activity

Regardless of your age, it is never too late to add physical activity to your life. Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1. Ideally, it is recommended to take part in at least 2.5 hours of moderate to vigorous intensity aerobic activity each week. Remember that 'vigorous activity' can vary from person to person.
2. Spread out the activities into sessions of 10 minutes or more.
3. It is beneficial to add muscle and bone strengthening activities using major muscle groups at least twice a week. This will help your posture and balance. For example, walking, gardening or yoga.
4. If you are new to exercising start slowly, and speak with a professional for guidance.

Every step counts! If you're not active now, adding any amount of physical activity can bring some health benefits. Some of these benefits of being active include:

1. Improve balance
2. Reduce falls and injuries
3. Help you stay independent longer
4. Help prevent heart disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death

More physical activity provides greater health benefits. The more you do, the better you'll feel. Get active and see what you can accomplish!!