HEALTHY BODIES, HEALTHY MINDS

Physical Activity

Enjoy doing your favourite physical activities every day

• Focus on the fun and social aspect of being active and less on winning.
• Explore a variety of new activities to keep it interesting - don’t forget the outdoors!
• Find friends you can be active with for a variety of activities that you enjoy.

Try new challenging activities that develop your body, your skills and your confidence

• Develop skills like catching, throwing, running and balancing as these skills will allow you to do a wider range of activities.
• Join your local sport league – most leagues will offer a variety of sports and activities at both recreational and competitive levels.
• Keep it fresh by trying classes, like boxing, yoga, belly-dancing, martial arts, trampoline, break dancing or Zumba.

Take time to play in nature and explore the outdoors

• Being active outside in nature is good for your body and mind.
• Enjoy being active in nature: on land, in water, on snow and on ice.
• Sign up for a charity event that requires you to walk, run or cycle.
• Explore your local community trails.
• Use active transportation (walking or cycling) whenever possible.

Keep screen time to a minimum

• Replace screen time (TV, video games, cell phone and computer) with active time.
• Unplug for a day. Designate one day a week or month as a screen-free day for the whole family.
• Active video games may not replace your activity but they may be a good way to replace non-active video games.
• Set a good example. Be a good role model by limiting your own screen and cell phone use time.
• Break up screen time with mini workouts like squats, push-ups, sit-ups, leg lifts and jumping jacks.
Take regular breaks from sitting

- Stand up or walk around when you talk on the phone.
- Break up sedentary time during the workday with stretch breaks or walking meetings.
- When you go to the grocery store or mall, park in a space further away.
- When you get up to have glass of water, walk around the house or office.
- Walk for short errands instead of taking the car.
- Take the stairs instead of the elevator.
- Make an effort to leave your desk at lunch time – get outside, go for a walk or run errands.

Resources:

- Leeds, Grenville and Lanark District Health Unit: Physical Activity
- ParticipACTION
- Public Health Agency of Canada-Physical Activity