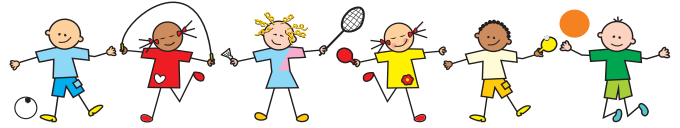


HEALTHY BODIES, HEALTHY MINDS

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](#)