

Get in motion™ for a healthier you!



MIDDLESEX - LONDON
Building Canada's
Healthiest Community

www.inmotion4life.ca

Why physical activity?

- ✓ Reduce the risk of chronic diseases
- ✓ Improve mental health
- ✓ Strengthen bones and muscles



Healthy adults can boost activity through F.I.T.T.

Frequency – Aim for a daily routine.

Intensity – Work up to moderate (e.g. brisk walking) and then to vigorous (e.g. jogging) aerobic activity.

Time – At least 150 minutes/week of aerobic activity, in bouts of 10 minutes or more.

Type – Include muscle & bone strengthening activities using major muscle groups, at least 2 days per week (e.g. weight training).

- More physical activity provides greater health benefits.
- Follow the *Canadian Physical Activity Guidelines* at www.csep.ca.

Acknowledgement: Canadian Physical Activity Guidelines, © 2011.

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Eat well everyday

- Follow *Eating Well with Canada's Food Guide* For details, visit www.myfoodguide.ca.
- Aim for balance and variety in your diet.
- Plan meals and snacks using the 4 food groups: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives.

Abilities may vary given age and health status. It is important to talk to your healthcare provider prior to beginning a new physical activity program.



Do it for life... every day!



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