

Commit to Be Fit! The Benefits of Physical Activity

Physical Activity has many benefits to your health including but not limited to:

- Increased strength and flexibility
- Reduced risk of health conditions such as obesity, diabetes, and heart disease
- Improves your mood
- Better bone density
- Improves blood circulation
- Helps you sleep better
- Increases your energy levels
- Promotes brain health such as alertness, memory, and concentration
- Helps you achieve and maintain a healthy body weight
- Strengthen your immunity



Photo from Pexels.com

Did you know that lack of physical activity, also called sedentary behaviour can be just as harmful to your health as smoking? Therefore, it is important to get moving as much as possible.

Canada's Physical Activity Guidelines recommend engaging in 150 minutes of exercise weekly for adults and one hour daily for children that include a combination of cardio exercise on most days and muscle strengthening exercise two or more days per week.

Aerobic exercises involve moving major muscle groups (arms, back, torso and legs) to increase your blood circulation, promote deeper breathing (albeit you should not be out of breath), and elevate your heart rate.

Muscle strengthening exercises, also known as resistance exercises, include free weights or weight machines, resistance bands, or using your own body weight for resistance (e.g., planks, squats, and lunges or isometric exercises that help improve your balance). Many yoga and Pilate moves are examples of resistance exercises using your own body weight. If you do not have weights or dumbbells at home, you can use items in your home such as a can of beans or a water bottle instead.

Resources:

Want to learn more? Have a look at these resources for more information about physical activity, ways to be more active, as well as physical activity and your health. To learn more about exercises that are best for you, consult with a certified exercise specialist for a tailored plan:

- <https://csepguidelines.ca/>
- <https://www.unlockfood.ca/en/Articles/Physical-Activity/>
- <https://www.albertahealthservices.ca/topics/Page14486.aspx>

