

Commit to Be Fit! The Benefits of Physical Activity

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

- Increasing strength and flexibility
- Reducing risk of health conditions such as obesity, diabetes, and heart disease
- Improving your mood
- Better bone density
- Improving blood circulation
- Helping you sleep better
- Increasing your energy levels
- Promoting brain health such as alertness, memory, and concentration
- Helping you achieve and maintain a healthy body weight
- Strengthening your immunity

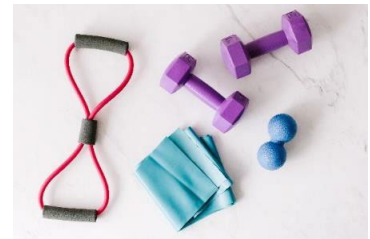


Photo from Pexels.com

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 (you should not be out of breath), and to 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). Many yoga and pilates 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 jug of laundry detergent.