

# Move for your Health

Brought to you by AHS Physiotherapists



## If **Physical Activity** was a pill, everyone would be taking it.

Physical activity is any **MOVEMENT** that increases your heart rate and breathing. It includes active leisure, exercise, sport, and even some types of work and household chores.

### Benefits

- Healthy weight control helps you feel better about yourself.
- Better strength and balance helps keep you from falling and be more independent.
- More energy and a better mood helps you feel less stressed, depressed and anxious.
- Decreasing your risk for stroke, diabetes, heart disease, osteoporosis, and some forms of cancer helps you live a longer and more meaningful life.

### What's stopping you?

#### **MOTIVATION**

- Set the goal posts close. Consider setting Specific, Measureable, Attainable, Relevant, Time Sensitive (**SMART**) goals that are meaningful and realistic to you.
  - E.g. For 1 month (Time Sensitive) I will walk to and from work (Specific, Attainable and Relevant) 5 days a week (Measureable).
- Partner up. A spouse, child or friend can help you to stay focused on your goals.

#### **TIME**

- Think outside the box. Look for ways to fit exercise into the things you already do. Take the stairs, park 5-10 minutes from work, or join in a walking coffee break with your co-workers.

#### **INJURY, ILLNESS or DISABILITY**

- Seek help. Physiotherapists can help you reduce the impact of your injury or disability so you can be more active.

#### **CONFIDENCE or FEAR OF INJURY**

- Look close to home. A program in your community can help you get started. Swimming pools, community centres and AHS Healthy Living Programs are good places to start.
- Seek help. Physiotherapists can give you personalized exercises and physical activities. They can direct you to community resources and programs that may also help.

### Tips

Here are some more ideas to help you make physical activity part of your everyday life:

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php>

## **Additional Information**

Dr. Mike Evans discusses the single most important intervention you can do for your health

<http://www.youtube.com/watch?v=aUaInS6HIGo>

Dr. Mike Evans discusses how making your life “harder” can improve your health

<https://www.youtube.com/watch?v=whPuRLi4c0>

MyHealth. Alberta.ca

<https://myhealth.alberta.ca/Pages/default.aspx>

Alberta Centre 4 Active Living

<http://www.centre4activeliving.ca/index.html>

Public Health Agency of Canada – Physical Activity Guides.

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

ParticipACTION – Let’s Get Moving

<http://www.participaction.com/>

Exercise is Medicine

[http://exerciseismedicine.org/documents/PublicActionGuide\\_LR.pdf](http://exerciseismedicine.org/documents/PublicActionGuide_LR.pdf)

## **References**

Alberta Centre for Active Living. <http://www.centre4activeliving.ca/>

Public Health Agency of Canada. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

Warburton D.E., Nicol C.W., Bredin, S.S. (March 2006). Health benefits of physical activity: the evidence. *CMAJ*, 14;174(6),801-9.

Spence, J.C., et al. (2001). *Compilation of evidence of effective active living interventions: A case study approach. A report submitted to Health Canada on behalf of the Canadian Consortium of Health Promotion Research*. Retrieved from <http://www.utoronto.ca/chp/CCHPR/activelivingcasestudy.pdf>

Canadian Physical Activity Guidelines and Canadian Sedentary Behavior Guidelines. Retrieved from <http://www.csep.ca/english/view.asp?x=949>