

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

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>

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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>