

### **Wellness Articles**

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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**Proposed publication date:** September 24, 2018

**Content provided by:** Alberta Health Services

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Alberta Health Services (AHS) knows that wellness matters, and this year AHS has been asking our people and Albertans, 'What's Your Balance?' Throughout 2018, AHS is encouraging wellness conversations, providing fun resources and activities that all Albertans can be a part of.

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## **Energize Your Commute**

It's not always easy to maintain a physically active lifestyle. That's why Alberta Health Services (AHS) *What's Your Balance?* wellness initiative is encouraging Albertans to increase their physical activity and find a healthy balance in their daily lives.

"With the busy lifestyles we currently lead, it can be a challenge for people to feel like they can make healthy lifestyle choices. But, it's really not as hard as it may seem. There are small changes you can make to fit into your daily routine," says Graham Matsalla, AHS Health Promotion Facilitator.

As part of AHS' commitment to healthy communities, AHS is encouraging Albertans to learn about active transportation and change up their daily commute. Active transportation refers to any form of human-powered transportation including walking, running, cycling, snowshoeing, skateboarding and using manual wheelchairs.

"By changing how you commute to and from work, you're increasing your chances of meeting the recommended 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week," Matsalla adds.

Parking further away from the office, getting off a transit stop earlier, or walking to work can make a difference on your overall health and wellness. Regularly meeting the [Canadian Physical Activity Guidelines](#) and reducing time spent sitting has great health



benefits, including reducing the risk of cardiovascular disease, type 2 diabetes, obesity and some forms of cancer.

Already have an energized commute? Inspire others and share what you're doing using the hashtag **#AHSwhatsyourbalance**.