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. 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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Physical activity improves health at any age

Everyone needs to be physically active. Why?

- It keeps your bones and muscles strong and healthy
- It improves your balance
- It helps you move easier
- It keeps your heart and lungs healthy
- It increases your energy
- It helps you sleep
- It improves your confidence when walking

At any age, your body can get stronger with activity. It is never too late to start.

- Do at least 150 minutes of activity every week if you are over 18 years old. These activities should make you sweat a little and breathe a little harder. You can break this into 10-minute periods. If you are just getting active start slowly, and add a few minutes each day.
- Being active will help you with your daily living tasks like getting up from a chair or into a car. Activities should strengthen both your arm and leg muscles. Arm strength is needed just as much as leg strength for daily tasks.
- If it is hard to get started, find a buddy to encourage you, make a plan or try something new to keep it interesting.
Always talk to your healthcare provider before starting a new physical activity. Examples of physical activity include:

- Strength and balance activities such as Tai chi, stair climbing, exercising with weights or exercise bands, and doing wall pushups
- Endurance (heart) activities such as walking, dancing, gardening, and swimming
- Flexibility activities such as Tai chi, yoga and stretching.