

## Wellness Articles

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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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## 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.