We know physical activity...

- **improves mood**
  - improves depression, anxiety, stress levels, and self-esteem

- **boosts energy**
  - gets more oxygen to the brain and other organs

- **protects against chronic diseases**
  - prevents and controls stroke, high blood pressure, type 2 diabetes, and many cancers

- **improves sleep**
  - fall asleep more quickly and improves sleep quality

- **improves brain health**
  - improves function, memory and focus

---

There are many ways to be active

1. **Get your heart pumping**
   - Get outside and walk, jog or cycle - but keep a distance from others. Use your cardio machine. Do an online fitness class.

2. **Work your muscles**
   - Use weights, bags of flour, soup cans or your own body weight. Do squats, push-ups, bicep curls, planks, and many other activities.

3. **Stretch**
   - Try some yoga poses. Stretch your hamstrings, thighs, chest, shoulders and more.

4. **Challenge your balance**
   - Stand on one foot, walk heel-to-toe, side leg raises, toe lifts, and many others.

---

Do a variety of activities

- **Aerobic**
  - strengthens your heart and helps it pump blood more efficiently throughout the body

- **Strength**
  - reduces body fat, increases lean muscle mass and burns calories more efficiently

- **Flexibility**
  - increases range of motion, improves posture and decreases pain

- **Balance**
  - improves stability and helps prevent falls and fractures

---

Brought to you by: [Centre for Active Living](www.centre4activeliving.ca)