

## HEALTHY LIFESTYLE ACTIONS TO

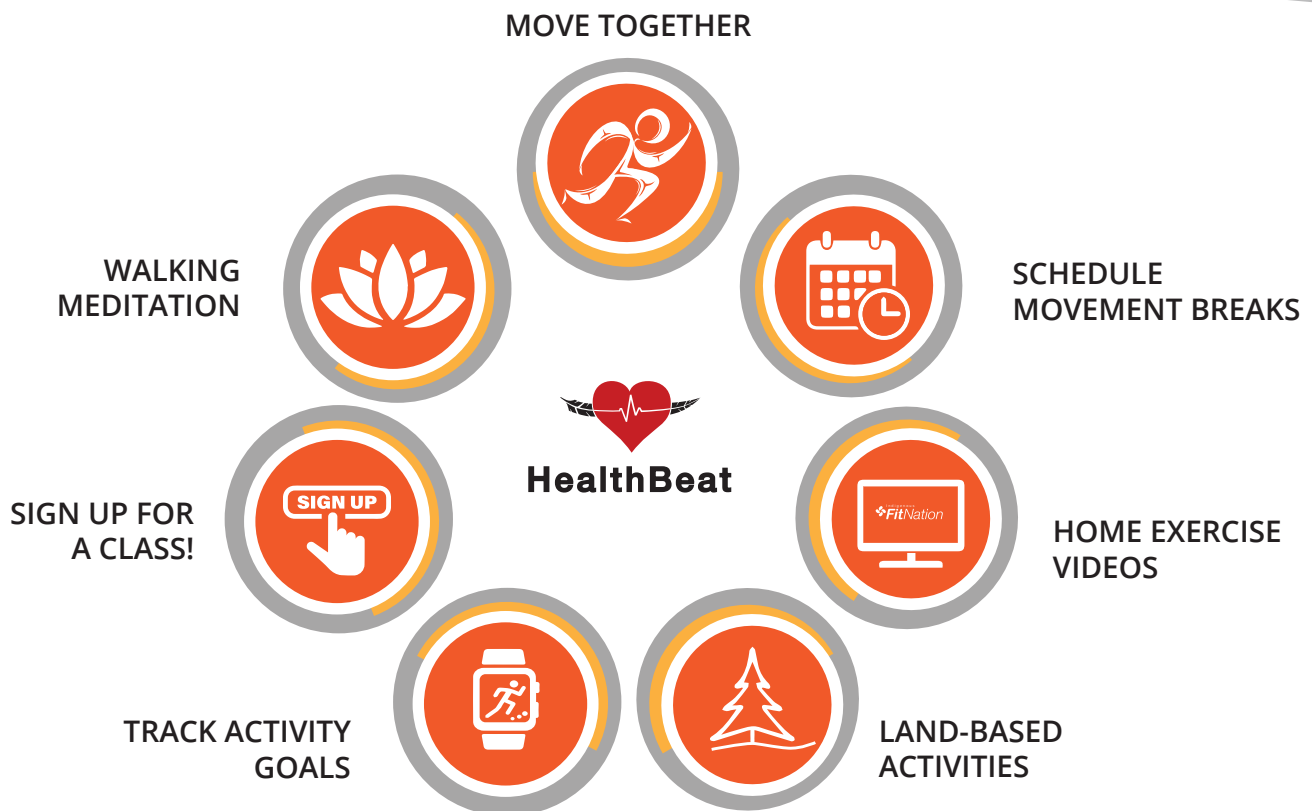
# INCREASE PHYSICAL ACTIVITY

### What are the benefits of Physical Activity?

1. Physical Health — more energy, less pain and stiffness. Movement can help prevent and manage diseases like type 2 diabetes, heart disease, dementia, and some types of cancers.
2. Mental Health — less stress and worry, better concentration, and improved self-esteem.
3. Emotional Health — more energy, better sleep, boosts mood/spirit.

### How can I increase my Physical Activity?

Make small changes. In some cases, as little as 10 minutes a day is a great start for positive changes! You can park further away, take the stairs instead of the elevator or escalator, get off the bus earlier or walk/bike to where you need to go one or more times a week.



There are many parts of our society that affect our health and lives that are beyond an individual's level of control. We want to acknowledge the social, political, economic, and environmental impacts to the health of the lands, waters, and forests, which in turn affects our health. We want you to know we are here to support you with your wellness goals and will meet you wherever you are at in your wellness journey.



## MOVE TOGETHER

Find an activity buddy to move together! Start an everyone-welcome walk or activity, invite community members where people can share stories and drum or sing during the walk/activity.



## LAND-BASED ACTIVITIES

Choose activities that you enjoy - fishing, gardening, dancing, snow-shoeing, harvesting, hunting, walking your dog, playing outside with your kids, walk while listening to a podcast or talking to a friend, walking meetings or walking lunches!



## SIGN-UP FOR A CLASS

Check your local rec or community centre, Facebook groups, or ask active champions in your community about programs you might like. Sign-up for a yoga, dance, or fitness class, you're invested now!



## SCHEDULE MOVEMENT BREAKS

If you're having trouble finding the time for physical activity, try scheduling movement breaks into your calendar.



## HOME EXERCISE VIDEOS

Try an exercise video at home - like our I-SPARC FitNation channel on YouTube! Providing the opportunity to try a new exercise from the comfort of your home.



## SET & TRACK ACTIVITY GOALS

Set and track your activity goals with a step counter, which can support motivation and build connection with others!



## WALKING MEDITATION

Walk the same path each day and watch the seasons change and track what you see, hear, feel, and smell.

### GRIP STRENGTH

Grip strength is a simple test to measure your overall body strength. As we age, we need to put in some conscious effort to move our whole body. Find ways to work your whole body, especially your upper body, such as carrying and playing with our children and grandchildren, berry picking, hunting, fishing, gardening, harvesting, and preserving foods. To build upper body strength, try lifting small weights (cans work too!) and body weight exercises like push-ups and planks against the wall.

## Where you can find more information and support



Connect with your doctor or community health nurse if you have any health concerns before you start to get more active.



**Watch on Youtube:** 23 and 1/2 hours: What is the single best thing we can do for our health  
**FitNation on YouTube:** <https://www.youtube.com/watch?v=HLPJQkD1X0A&list=PLI3c6v0mHMfcG2iat-QKxtSW3-IWG0yt4k>



Call HealthLinkBC at 8-1-1 to speak with a qualified exercise professional to receive general and condition-specific information on how you can add more physical activity to your life.