



TYPES OF ACTIVITIES

Endurance (4-7 days a week)

- ❖ Helps you increase energy and move for longer periods of time
- ❖ Good for your heart, lungs, circulation and muscles

Examples: walking, swimming, dancing, skating, cycling, hiking

Flexibility (daily)

- ❖ Helps you move easily through daily tasks and keeps joints healthy

Examples: stretching, yoga, Tai Chi, golf, bowling, curling

Strength and balance (2-4 days a week)

- ❖ Keeps your muscles and bones strong, reduces bone loss and improves balance and posture

Examples: lifting weights or soup cans, climbing stairs, wall push-ups

do it your way.

Active Living



HOW DOES ACTIVE LIVING BENEFIT YOU?

- ❖ Continued independent living
- ❖ Move better with decreased risk of falls
- ❖ Healthier weight
- ❖ Relaxation, reduced stress, better sleep
- ❖ Improved quality of life

everyday



Perth District Health Unit

653 West Gore Street
Stratford, Ontario N5A 1L4
(519) 271-7600 • www.pdhu.on.ca



ARE YOU ACTIVE ENOUGH?

- ❖ Be active everyday for 30 to 60 minutes to improve your health and fitness

IT'S EASIER THAN YOU THINK!

- ❖ Build physical activity into your daily routine
- ❖ Do the activities you are doing now, more often
- ❖ Find activities that you enjoy
- ❖ Walk or wheel more often
- ❖ Carry home the groceries
- ❖ Try out a class in the community

**The more you move,
the better you will feel.**

— for life!