

Small Steps Big Payoff

Make a pact with yourself to get moving:

- Make time for yourself. Your health is worth the effort.
- Keep track of your progress. Keep a log.

Even a little bit makes a difference!

- If you're inactive, start off slowly. Begin with 10 minutes of physical activity daily.
- Be active for 10 minutes at a time, a few times a day – even short periods of activity spaced through the day can improve your health.
- Turn off the computer or TV. Trade in that time for physical activity.
- Everyone can be more active regardless of weight, age or ability.

Get active your way!

- Do an activity you like. Have fun!
- Make activity a part of your day, like walking with your family every evening.
- Being physically active doesn't have to be hard. It can be "playtime" with your children or grandchildren, stretching, walking or biking.
- Mix lighter activities like walking, gardening and stretching with more intense activities like brisk walking, biking, skating and swimming.
- Try to be active every day.

* Check out Canada's Physical Activity Guides to see recommended activity levels for children, youth, adults and older adults. These are available online at www.paguide.com or by calling the Public Health Unit.



We can help you get started

The Grey Bruce Health Unit offers physical activity programs and resources for workplaces, schools, families and seniors. Contact us for:

- Community trail maps of bike and walking trails
- Movin' On – a motivating kilometer club for schools
- Information on creating a walking club in your workplace, home or neighbourhood
- Pedometers to keep you motivated.

Small steps today – big strides tomorrow!

We welcome your calls. We are open Monday to Friday, 8:30 a.m. to 4:30 p.m. or online anytime:

www.publichealthgreybruce.on.ca

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ACTIVE

A Prescription for Good Health

Message from Dr. Hazel Lynn, Medical Officer of Health

Canadians today can expect to live longer than any previous generation. Living life with vitality and being able to enjoy family, work and community are very important to me. I am sure they are to you as well. One of my missions as Medical Officer of Health is to minimize the chronic diseases that rob us of our vitality as we grow older. A great way to do this is by improving our level of physical activity.

In our busy world today, physical activity presents a dilemma: we know it is good for us but we find it difficult to do. It is a "good news – bad news" story.

The good news is that activity and physical fitness can significantly improve our health and well-being!

Regular physical activity:

- improves our ability to handle stress
- increases energy and improves concentration
- slows the aging process
- offers weight control
- reduces the risk of heart disease, type 2 diabetes and some cancers
- reduces depression
- improves health, quality of life and family relationships

The bad news is we are becoming less active rather than more active:

- over half of Canadian children are not active enough for good health
- we become less active as we get older
- currently in Grey-Bruce, two thirds of our adults are physically inactive

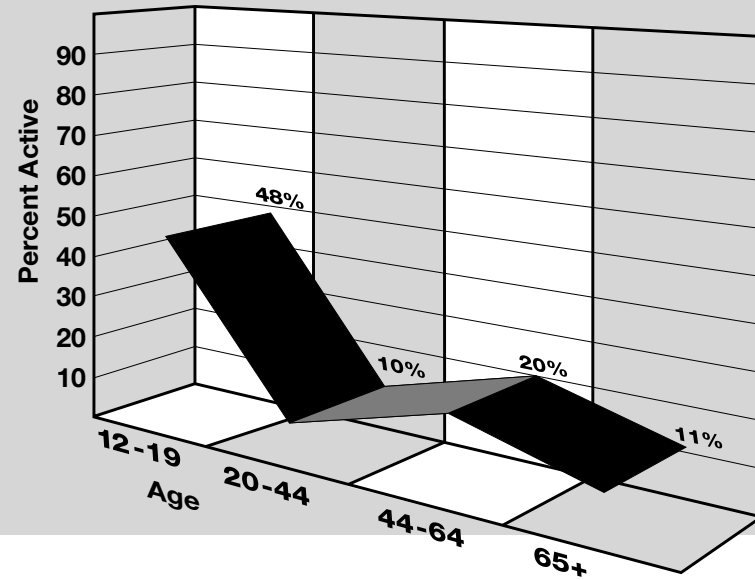
Young or old, being active will benefit your health. Take that first small step towards a healthier life – you will be amazed how far that step can take you. For yourself and your family, I encourage you to become informed and get active!



Dr. Hazel Lynn

How Active Are We in Grey and Bruce?

Less than one third (21%) of local residents are active enough for good health. Activity levels drop dramatically as we age, as shown in this graph. Less than half of our teens are considered active. After age 20, only 2 out of every 10 of us in Grey-Bruce are getting enough activity!



Active Parents = Active Kids

Parents are crucial. Children need your encouragement and involvement. Your own activity level sets the family norm. Encourage your children to be active.

- 1 Children need 90 minutes of physical activity a day to be healthy. Inactive children should start with 30 minutes and work up to 90 minutes of activity a day.
- 2 Make sure your children spend active time outdoors each day.
- 3 Limit time spent watching TV, playing video games and chatting online. One hour a day is a good guideline.

- 4 Be active with your family: play games, sports, walk, hike, bike and have fun.
- 5 Find the activities your children like and help them learn the skills.
- 6 Be a volunteer – coach or assist with organized sports; participate in community events like walk-a-thons; create a walking school bus by helping neighbourhood children get to school safely and actively.

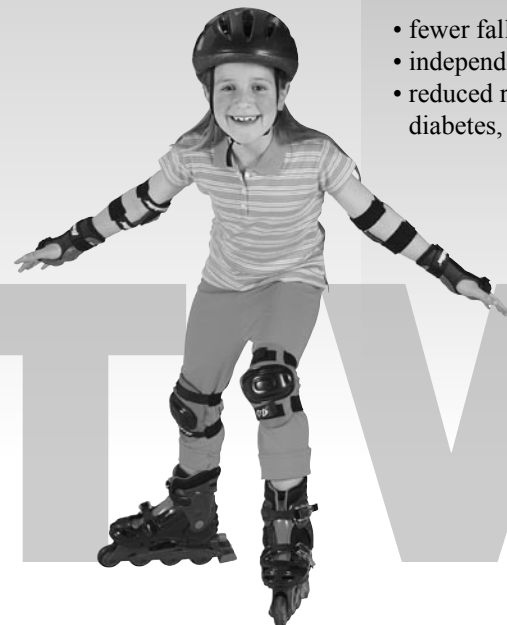
Get Physical Feel Good About Yourself!

People need to be active to be healthy. Our modern lifestyle, which often involves sitting for long periods, is dangerous for our health! Regular physical activity offers a wide range of health benefits – even modest levels of activity can have a positive effect:

- better health & improved fitness
- weight control
- restful sleep & more energy
- improved ability to handle stress
- less depression
- improved self-esteem
- improved sex life
- less back pain
- improved concentration

In the long run, active living results in:

- fewer falls and injuries
- independent living later in life
- reduced risk of heart disease, type 2 diabetes, osteoporosis and some cancers.



How much physical activity is enough for adults to be healthy?

Try this easy way to keep track of your physical activity. Make sure you're getting enough.

Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
<ul style="list-style-type: none"> • Strolling • Dusting 	60 minutes 7 days/week <ul style="list-style-type: none"> • Light walking • Volleyball • Easy gardening • Stretching • Golf • Grass cutting • Vacuuming 	30-60 minutes 4-7 days/week <ul style="list-style-type: none"> • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics • Badminton 	20-30 minutes 5-7 days/week <ul style="list-style-type: none"> • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing • Jumping rope 	<ul style="list-style-type: none"> • Sprinting • Racing

Range needed to stay healthy

10 minutes light activity = 1 point Example: 10 minutes of easy gardening = 1 point	10 minutes moderate activity = 2 points Example: 10 minutes of brisk walking = 2 points	10 minutes vigorous activity = 3 points Example: 10 minutes of basketball = 3 points
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**Aim for at least 6 points, most days of the week.
More Effort = More Points**

How does it feel?

<ul style="list-style-type: none"> • No change from rest state • Normal breathing 	<ul style="list-style-type: none"> • Starting to feel warm • Slight increase in breathing rate 	<ul style="list-style-type: none"> • Warmer • Greater increase in breathing rate 	<ul style="list-style-type: none"> • Quite warm • More out of breath 	<ul style="list-style-type: none"> • Very hot / perspiring heavily • Completely out of breath
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**Start slowly
Build up
Listen to your body**

Adapted from Canada's Physical Activity Guide (Health Canada)

