

Active living is an approach to life that values and includes physical activity in everyday living. Active living is not the same as an exercise program. Active living means making physical activity part of everyday life no matter what you do.

There are many opportunities to be active at work, school, home, and during leisure time.



The Facts

Only 15% of Canadian adults are meeting the recommended physical activity guidelines
On average Canadian adults are sedentary 9+ hours a day
The average work day, including commute, in NS is 10.5 hours



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity (PA) per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More daily physical activity provides greater health benefits.

Taken From Canada PA Guidelines website.

Step to It!

Reduces risk of
chronic disease
Improves mental
health and mood
Boosts energy
Increases
coordination and
flexibility