

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.

walk the talk.



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!

We are building a new walking program and tools available to help YOU step up your activity level at work:



Walking has its benefits

- ❖ Reduces risk of chronic disease
- ❖ Improves mental health and mood
- ❖ Boosts energy
- ❖ Increases coordination and flexibility
- ❖ Helps to control weight

New Tools include:

- ❖ Goal setting made easy - fit your current level of activity and earn points based on those. Then increase your goal gradually as you learn how PA fits into your weekly routine.
- ❖ Tracking log sheet - a simple worksheet to track your goals and activities.
- ❖ Activity Planner - to help plan out your weekly or monthly activity schedule.

A walking schedule with new walking routes will be sent out shortly.

Encouraging employees to be more active at work through a new walking program.

Building a corporate culture that supports physical activity as part of the workplace.

