

Healthy Measures: Strength versus Endurance Activities

More and more research is pointing to the benefits of resistance or strength activities such as weight-lifting, sit-ups, push-ups, flex-band exercises, yoga and Pilates for improved health and physical fitness. These activities help you strengthen muscles and bones and improve your posture.

Although strength activities are important, you should do them less frequently (2-4 days per week) than endurance activities, which are recommended 4-7 days per week. Endurance activities include brisk walking, biking, swimming, jogging and playing sports such as hockey, soccer and basketball.

Let physical activity be a part of your daily life. If possible, walk or bike to your destination instead of driving. Always take the stairs instead of the elevator or escalator. Go for a walk during your break at work. If you have not been active for a while, remember to start small. Pick something you enjoy and stick to it. You'll soon see how much better you'll feel when you become more active.

Being active can make you feel more energetic, help reduce stress and prevent diseases such as heart disease, stroke, cancer and osteoporosis. Being active is also an important part of weight control.

For more information:

[Canada's Physical Activity Guide to Healthy Active Living](#)

[Healthy Measures: Be Active, 10 Steps to a Healthier You](#)

[Heart and Stroke Foundation of Canada: Healthy Weight and Active Living](#)

If you have questions on nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!