

Healthy Active Living in York Region

Adopting a healthy lifestyle can improve your health and reduce your risk of developing heart disease, stroke, diabetes and cancer. Promoting active living and healthy eating is easy and fun. Here are some suggestions on how you can be healthy and active.

Active Living

- 🚲 Follow *Canada's Physical Activity Guide to Healthy Active Living* and lead an active lifestyle by:
 - Including 30-60 minutes of physical activity each day. Try walking, cycling, swimming, Tai Chi, dancing or other activities that you enjoy
 - Taking the stairs instead of the elevator
 - Walking, whenever possible, instead of using your car
 - Parking farther away and walking to your destination
 - Doing household chores such as vacuuming, lawn mowing, gardening, etc.
- 🚲 Plan family or social events with a physical activity component. Organize bowling, soccer or baseball games, a golf tournament or a scavenger hunt. Try skating, skiing, hiking or mini-golf
- 🚲 Visit www.healthcanada.ca/paguide for a copy of *Canada's Physical Activity Guide to Healthy Active Living* for Adults, Older Adults, Children and Youth
- 🚲 Visit www.heartyparty.com for a calendar of active living opportunities/events in York Region. Participate in community events related to healthy active living and invite your family or friends to join you
- 🚲 Explore one of York Region's trails. Visit www.york.ca to find a trail near you



Healthy Eating

- Follow *Canada's Food Guide to Healthy Eating*:
 - Eat more vegetables, fruit, cereals, breads and other grain products
 - Choose lower fat dairy products and leaner meats
 - Choose foods prepared with little or no fat
 - Limit alcohol, salt and caffeine intake



- Visit www.hc-sc.gc.ca/english/lifestyles/food_nutr.html for a copy of *Canada's Food Guide to Healthy Eating* and other nutrition resources
- For heart healthy recipes or healthy snack ideas, visit:
 - www.heartandstroke.ca (Heart and Stroke Foundation)
 - www.dietitians.ca (Dietitians of Canada)
 - www.heartyparty.com
 - www.becel.ca
 - www.5to10aday.com (5 to 10 a day for better health)

Keeping on track

- Track your eating and physical activity with the *Food and Activity Tracker* from the Dietitians of Canada at www.dietitians.ca/english/frames.html?main=EATracker.asp
- Sign up for e-bulletins on healthy eating and physical activity by registering at www.york.ca (Healthy Measures E-Bulletin), search for “e-bulletin” and follow the links

**For more information on Healthy Active Living,
call Health Connection at 1-800-361-5653**

You're on your way...

