

# MINDFUL HEALTH ~I WILL FOCUS ON ME

## Let's Move More

Physical activity is beneficial for the body and the mind. When done on a regular basis, it can prevent and control cardiovascular risk factors such as high blood pressure and high cholesterol and can help protect against type 2 diabetes, breast and colon cancer and osteoporosis. Physical activity has also been linked to improved sleep, reduced stress and improved mental health.

Participation in workplace physical activity programs helps to build positive relationships and create opportunities for social interaction. This helps to reduce barriers and foster better relationships with your colleagues.

[The Canadian Society for Exercise Physiology](#) recommends that you accumulate at least 150 minutes or 2.5 hours of moderate-to-vigorous physical activity per week. This can be done in bouts of 10 minutes or more. Any type of physical activity you do is good for your health. Benefits like a drop in your blood pressure and increased energy may begin during your first week of regular physical activity participation. After three months, you may experience improved posture and balance, stronger muscles and bones and have a more positive outlook on life. According to the Public Health Agency of Canada, about half of the functional decline that occurs between the ages of 30 to 70 is the result of an inactive lifestyle and not as a result of aging.

So, **let's move more!** Here are some ways to fit physical activity into your day to improve your mental and physical health:

- Try a variety of activities until you find the ones you enjoy and that feel right for you.
- Make it social by getting someone to join you. Being active with a friend will keep you motivated.
- Use an [active mode of transportation](#) for distances less than one kilometer. Walking, cycling or rollerblading short distances help to integrate physical activity into day-to-day activities.
- Limit the time you spend watching TV or sitting in front of a computer during leisure time.
- Join a sport team, fitness program or sign up for recreational activities at your local Parks and Recreation Centre. It's a great way to make new friends and get active.
- Set a goal, make a plan and establish a routine.
- Remember, every step counts!

## PUBLIC HEALTH

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