

**'Why bother? Because, "Inactive Canadians are aging twice as fast as nature intended"**

(Sandy O'Brien Cousins, 2002, Alberta Centre for Active Living)

***Physical activity is the fountain of youth!***

The human body is designed to move to maintain endurance, flexibility, muscle strength and bone health. A physically active woman maintains good posture, a slim figure, and vitality throughout adulthood, and well into her 80's and 90's.

**However...**

Most Canadian adults are watching rather than doing physical activity, they are sitting at their computers, in front of their TV's, commuting, and driving to the corner store!

**And...**

As they get older, adults are expected to '*act their age*'; to slow down, rest and take it easy. This inactivity speeds up the signs of aging, and often leads to chronic diseases, and injuries.

**2/3 of adults are not physically active enough!**

**So why bother?**

*... 'there is no medicine that can compete with physical activity to prevent problems of aging and promote vitality and zest for life'* (Sandy O'Brien Cousins, Alberta Centre for Active Living, 2005)

**Throughout your life, you can...**

feel passionate and able to do whatever you want to do

have the energy, fitness and strength to enjoy playing ball with children, grandchildren and great grandchildren

be slim, healthy, and attractive

feel well rested everyday

eat well without guilt or weight gain

handle stress better

feel like you belong at a fitness centre, swimming pool or hiking trail  
inspire family and friends to also care for their health

have great visits with friends while hiking, cycling or working out  
feel good about taking care of yourself

stand straight and tall, free of aches and pains

live independently in your advanced senior years

***'If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation'***

(Robert N. Butler, MD, Former Director, National Institute on Aging)

Health Canada recommends that adults have 30-60 minutes of moderate physical activity most days of the week, for example, brisk walking, biking, raking leaves, swimming, dancing, or water aerobics.

See: *Canada's Physical Activity Guides to Healthy Active Living for adults, older adults and children of all ages:*

<http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>

For information on walking, walking groups, trails and pedometers click

Hamilton Walks [www.doitwell.ca](http://www.doitwell.ca)

For information on Bone Health click [Bone Building for a Lifetime](#)