

The importance of physical exercise!



Regular physical activity is essential for maintaining good health. Men are twice as likely to die from heart disease than women, but physical activity will reduce your risk.

In addition to the many health benefits, physical activity can be a fun way to improve your overall wellbeing and to spend time with your family and friends.

Making it fun

Think about what you like to do and brainstorm ways to make it more physical.

- **Spend time with friends:** Take them dancing or on a hike, join a class together
- **Watch TV:** Buy or borrow an exercise video, or workout while watching TV
- **Compete with others:** Join a competitive sport, or create a challenge with others based on kilometres/miles walked, exercise hours logged, or some other criteria
- **On the Internet:** There are thousands of online groups dedicated to fitness. Join one, share ideas and get moving

What are the benefits?

Physical activity reduces your risk of:	Physical activity can also:
Cardiovascular disease	Control weight
Diabetes	Contribute to healthy bones, muscles and joints
Stroke	Reduce anxiety, stress and depression
Colon cancer	Improve sleep
High blood pressure	Improve your health and overall wellbeing
People at a healthy weight who are ALSO physically active are the most protected	

Physical activity: No excuses

I don't have the time	Plan ahead. Make exercise an appointment with yourself – and keep it
I'm too tired	Pick times of the day you feel energetic, and start then. Exercising will give you more energy
I'm too old / out of shape / embarrassed	Consider starting in private. Look for a class or facility that caters to beginners
I don't know what to do / I'm afraid of getting hurt	Visit your doctor, or consult a personal trainer. Lots of professionals are ready to help you get active
I travel too much to exercise regularly	Choose hotels with swimming pools and workout rooms

How much exercise should you be doing?

The amount of exercise you should be doing depends on your goals.

Goal	Activity
To reduce the risk of chronic disease	At least 30 minutes, 5 days per week of moderate physical activity
To prevent gradual weight gain	At least 60 minutes, 5 days per week of moderate to vigorous physical activity
To lose weight	At least 60 – 90 minutes, 5 days per week of moderate physical activity

What is light, moderate and vigorous exercise?

- **Light:** Walking slowly, vacuuming, light stretches, warm-up
- **Moderate:** Walking briskly, tennis (doubles), cycling on flat ground, scrubbing floors, weightlifting
- **Vigorous:** Running, cycling uphill, aerobics, soccer, tennis (singles)

Intensity	Voice test	Average Energy Used*
Light:	You will still be able to sing	< 210 Cal/hour
Moderate:	You will still be able to talk	210 – 420 Cal/hour
Vigorous:	You will not be able to talk	> 420 Cal/hour



* Energy use, or calories burned, varies from person to person depending on their current weight and other factors.