Get Active!

Physical activity is any activity that gets your body moving. It not only helps you look and feel good, but it also gives you more energy to enjoy a healthier life!

Types of Physical Activities

AEROBIC ACTIVITY

Makes you breathe harder and allows your heart to beat faster, increases your heart and lung fitness

Examples:

Jogging

Swimming

Playing basketball

MUSCLE-STRENGTHENING ACTIVITY

Increases bone strength and muscular fitness, working all the major muscle groups of your body.
(EG. legs, chest, arms., etc.)

Examples:

Push ups

Pull-ups

Weight Training

Benefits of Physical Activities

MENTAL HEALTH

Mental and physical health are interconnected. Exercising elevates your mood and improves your physical health.

MANAGE YOUR WEIGHT

Your body burns calories as you exercise and helps you to maintain a healthy weight.

KEEP DISEASES AWAY!

Regular exercise provides a better quality of life and reduces the risk of developing chronic diseases.

MAKE YOU FEEL GOOD

Endorphins released during physical activities improve self-esteem, reduce stress, anxiety, and depression.

Easy Exercises

It can be challenging to find the time or have the motivation to squeeze in exercise amidst a hectic lifestyle. Your immediate environment and surroundings are the perfect places to start moving!

Housechores such as vacuuming burns around 90 calories per 30 minutes. Mopping the floor after vacuuming burns around 145 calories. If you are ironing, make sure you do it standing up.

Take the stairs instead of the lift is an easy exercise to bring into our daily lives.

Stretch your body while watching the television. It helps to increase your circulation, improve flexibility, and relieve stress.

Carrying the groceries can give your arm muscles a workout!