

# Be Active

## 10 Steps to a Healthier You

### Do you measure your activity level only by distance on the treadmill?

It's time to adopt new measures for a happier and healthier you.

#### Every effort counts

Walk the dog, play with your kids, rake the leaves and take the stairs. The more active you are in everyday life, the healthier you'll be. Keep moving. Feel alive. Enjoy!

#### Start small

Increase your activity level by just 10 minutes a day, then slowly increase it again when the activity has become part of your regular routine. Aim for at least 30 minutes of activity each day, whether it's 30 minutes at one time or three 10-minute sessions throughout the day. Be active just for the fun of it. Feel your body respond.

#### Set realistic goals

Remember, you are aiming for better health. Set activity goals that you can reach and chances are better that you will continue to be active. Choose activities that energize you.

#### Do something you enjoy

Don't like organized sports? That's okay! Find something you do enjoy – walk, skate, garden or dance to music in your living room. Choose an activity that you like doing and you'll love being active!

#### Take a friend along

Increasing your activity is easier if you share it with someone. Instead of talking over coffee with a friend, take a walk with her instead. Walk with a co-worker on your lunch break to get fresh air. Find ways to laugh and have fun while you keep active.

#### Make it a family affair

Plan a family activity once a week. Cycle, skate or walk around the park. Create opportunities to combine health and family for a better life. Family time and your health are irreplaceable.

#### Get going

Join a local recreation centre, a sports team or a gym to meet new people and get physically active. Group activity provides motivation and fun for all.

#### Enjoy your body

Become aware of how your body moves – start the day with simple stretches to rejuvenate and get moving. Appreciate what your body can do and how you can take care of it. Regular nourishment with food and activity will keep your body healthy.

#### Borrow a neighbour's dog

Not only will you enjoy a new kind of companionship, but walking a dog morning and evening will add quality and years to your life. You'll both be getting the essential activity that you need to stay healthy!

#### Think of the benefits

Regular physical activity will increase your energy level, reduce stress, improve your sleep, help manage your weight, protect you against many diseases and... most importantly... make you feel great! Become an expert on what your body needs to be strong and healthy.



Physical activity adds more to life... more energy...  
more fun... and more healthy years.

## Healthy Measures

Be active • Eat well • Be yourself