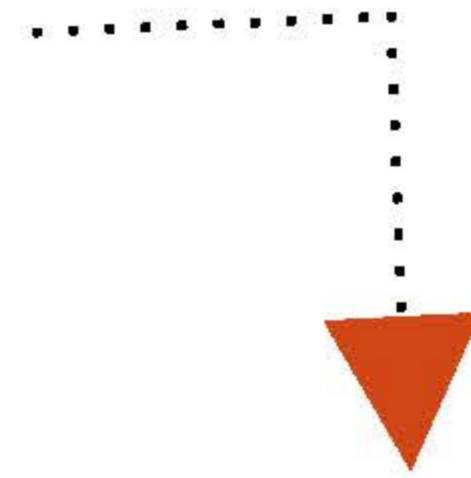


Find Out Why YOU Should Be Physically Active!



If you answer YES to any of the questions in the box below, physical activity may be the answer!

Do you want to...

- ⇒ Have a lower body fat percentage?
- ⇒ Have a more lean/toned/muscular body?
- ⇒ Increase your self-worth?
- ⇒ Draw more positive attention from others?
- ⇒ Attract a romantic partner if you don't already have one?
- ⇒ Increase occupational opportunities such as more pay and or promotions?

1 in 5 Canadian adults are obese. Look in the mirror & decide if YOU are that person?



Physical Inactivity Facts

- Only 15% of Canadian adults meet the Canadian Physical Activity Guidelines.
- Canadian adults average 9 hours & 48 minutes of awake time being sedentary (sitting or laying down).
- Canadian tax-payers spend \$5-\$7 billion annually on costs resulting from our national weight problem.
- People who are inactive are more likely to experience occupational discrimination – lower pay & less promotions.
- People who are inactive are generally perceived as lazy, unmotivated, and undisciplined.

The Solution

- Start with 10 minutes a day!
- Be aware of the Canadian Physical Activity Guidelines of 150 minutes of moderate (e.g., brisk walk) to vigorous (e.g., run) physical activity per week.

Image

Ask yourself, “am I active enough to look the way I want to look and get the attention I want from others?”