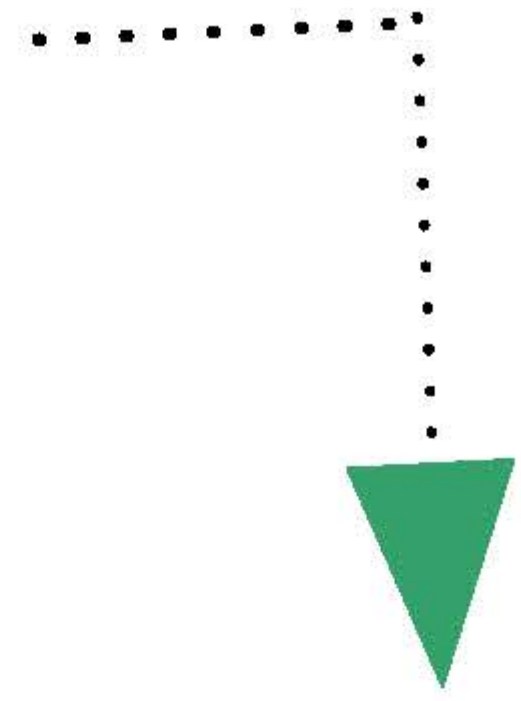
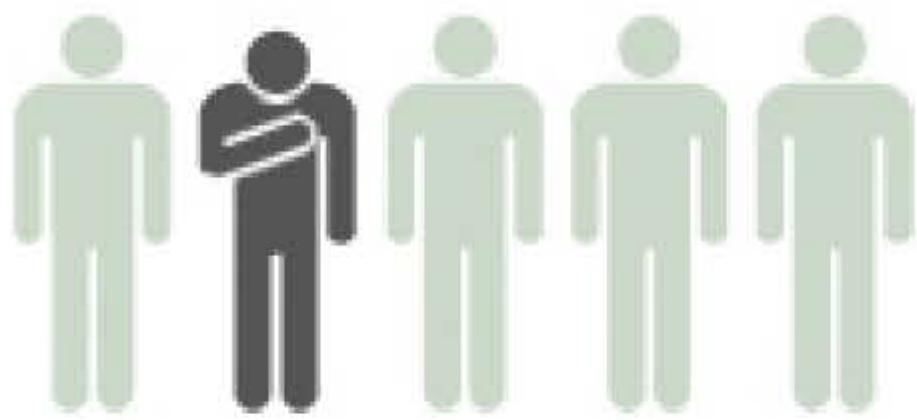


How Can Regular Physical Activity Improve YOUR Health?



If YOU are experiencing any of the health concerns listed below, regular physical activity may help end your suffering!

1 in 5 Canadian adults are obese & at a high risk of developing health problems! Are you?



Do you suffer from?

- ⇒ *Chronic diseases (Type II diabetes, cardiovascular or respiratory diseases)*
- ⇒ *Back pain*
- ⇒ *Sleep issues such as sleep apnea*
- ⇒ *Inability to concentrate*
- ⇒ *Stress, anxiety, or depression*
- ⇒ *Persistent bad mood*
- ⇒ *Low energy or fatigue*



Physical Inactivity Facts

- Only 15% of Canadian adults meet the Canadian Physical Activity Guidelines.
- Canadian adults average 9 hours & 48 minutes being sedentary (while awake).
- Statistics have shown that people who are active experience:
 - Enhanced mood and energy
 - Improved relaxation and sleep
 - Enhanced focus and alertness
 - Reduced risk of serious physiological health concerns
 - Decreased stress and anxiety

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 live a healthy life & experience all the benefits of physical activity?”