

What Active Living Is All About

Put very simply; it is a way of life.

It is about **maintaining a balance** in your life of the physical, mental, emotional, social, and spiritual.

It is about **choosing activities that you enjoy**, and including them in your daily routine.

It is about **staying connected with friends**. Your mental health is as important as your physical health.

It is about **making good food choices**.

By maintaining good health, it is about having the ability to make choices in your life, and **live as independently** as you choose.

Active living makes you feel good, and prevents many chronic diseases.

So why not **give it a try?** You have nothing to lose, and so much to gain.



QUESTION: “ACTIVE LIVING” CLAIMS MORE BENEFITS THAN THE LEGENDARY SNAKE OIL SALESMAN’S MAGIC ELIXIR DOES. TRUE OR FALSE?

Answer: TRUE! – There are so many benefits to active living that at first glance, even the con artist might be skeptical. Nonetheless, active living does reduce the risks of **all** of the following:

- ✧ Heart attack and heart disease
- ✧ Falls, fractures & injuries
- ✧ Obesity and being overweight
- ✧ High blood pressure
- ✧ Osteoporosis
- ✧ Diabetes (post-menopausal women)
- ✧ Stroke
- ✧ Anxiety and depression
- ✧ Gallstones
- ✧ Colon Cancer
- ✧ Arthritis
- ✧ Enlarged prostate
- ✧ High cholesterol
- ✧ Premature death
- ✧ And much, much more.

Remember: *inactivity* is the primary lifestyle risk in old age:

(With thanks to the Saskatchewan Seniors Mechanism)

How much is enough?

How much physical activity do you need to gain health benefits? Here is the latest research:

150 minutes a week of moderately intense activity (for instance 30 minutes a day, 5 days a week).

Activity can be broken down into bouts of 10 minutes – like a walk around the block.

Start slowly and build up. For instance, just start by doing more of what you are already doing.

Walk whenever you can. Brisk walking is a perfect ‘moderate intensity’ physical activity. Walking can be done anywhere, anytime, anyplace, without any special equipment.

How fast is “brisk”? That depends on you. On average, it means walking 3 – 4 miles (4.8 – 6.4 km) an hour, or about the speed you would walk if you were late for an appointment. It should not be so fast that you are unable to talk.

If you want to start an exercise program that is more demanding than brisk walking, talk to your health care provider first.

