

TURN IT OFF

**WHY
ACT
NOW**

Get Moving

7 reasons to REDUCE screen time and be ACTIVE:

- * Build strong bones & muscles = healthy body development.
- * Improve balance, posture, flexibility & skills.
- * Achieve and maintain a healthy weight.
- * Increase confidence, self-esteem, and image of self.
- * Improve cardiovascular fitness and decrease risk of disease.
- * Reduce stress and blow off steam, in a healthy way.
- * Make new friends and have fun.



How much do I need?

60 MINUTES A DAY • 7 DAYS A WEEK

MODERATE activities 4X per week

VIGOROUS activities 3X per week

STRENGTHENING 3X per week

FLEXIBILITY 3X per week

What kind of activities?

Moderate →	Brisk walking Bike riding Dancing Traditional hunting & gathering	Skating Skateboarding Household chores
Vigorous →	Running Football Soccer Swimming	Basketball Volleyball Cross country skiing Shoveling snow
Strengthening →	Push-ups Squats/lunges Climbing stairs	Sit-ups Lifting weights Jump Rope

Short on time? Break it up:



OR, add these into your day:

Walk the dog

Always take the stairs

Do strengthening activities during TV commercials

Walk to/from school or at lunch

Vacuum the house, rake leaves, shovel snow, mow the lawn

Stand while reading or eating

PARK FARTHER AWAY FROM ENTRANCES

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