

# TURN IT OFF

**WHY  
ACT  
NOW**

**Get Moving**

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**WHY  
ACT  
NOW**

# GET MOVING

How many times  
have you heard  
someone say, you  
need to exercise &  
be active??



**WHY  
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<https://www.youtube.com/watch?v=onKR1w2xBLA>

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**Times have changed...**



technology has caused us to spend **more time** moving our hands and fingers than our **BODIES.**

WHY  
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Here's the scariest part...

because of that, today, more youth are **overweight and obese** and are **NOT** expected to live longer than their parents!

**WHY  
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So, what are the benefits of exercise?

1. Internally, you will build stronger bones & muscles



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2. Improve your balance, skills, posture and flexibility!

Move easier & prevent injury



# GET MOVING

3. Achieve and maintain a healthy weight

Increases confidence which increases self-esteem = positive image of self





**WHY  
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4. Improve cardiovascular fitness and decrease the risk of health problems

**Strong heart!**



# GET MOVING

5. Reduce stress and blow off steam, in a healthy way.

Relaxation and improved mental health/well-being



# GET MOVING

6. Make new friends and have fun



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Ok, so now you know the **GREAT** reasons to exercise, what's stopping you?

Time? Find it boring?  
Don't know where to start?

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**There's a solution for you...**



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**NO TIME YOU SAY...**

**Park far away from entrances**

**Clean your room**

**Wear a pedometer**

**Rake leaves,  
shovel snow,  
carry groceries**

**Do strengthening activities during  
TV commercials**

**Walk outside  
during lunch**

**WALK YOUR DOG**

**Stand while on the phone,  
reading or eating**

**Exercise in your chair**

**Take the STAIRS**

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YOU SAY EXERCISE IS **BORING** ....



Try something until you find an activity you love!

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## **Canada's Physical Activity Guidelines for youth 12-17yrs**

- 60 minutes of active play daily
- Limit screen time to 2 hours/day
- Limit sedentary transport, extended sitting & time indoors



# GET MOVING

## Don't have 1 hour?

Break it up into  
15, 20 or 30 minutes at a time

- Ex. 2 sets of 30 minutes
- 3 sets of 20 minutes
- 2 sets of 15 min + 1 set of 30 min

60  
minutes  
a day is  
**EASY**



Key 3: **CARDIO, STRENGTH  
& FLEXIBILITY**

# GET MOVING

Everyday:	<b>Moderate</b>	vs.	<b>Vigorous</b>
	brisk walking		running
	skating		basketball
	bike riding		soccer
	skateboarding		cross country skiing

\*60 minutes every day

\*\*Choose vigorous **3x** per week!

# GET MOVING

AND do strengthening activities **3x** per week!

push-ups

sit-ups

lifting weights

climbing stairs

jumping rope

WHY  
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AND do flexibility activities **3x** per week!

yoga  
stretching



# GET MOVING

**Did you know...**our Why Act Now results showed youth spend **~45 hours** a week in front of a screen! (that's 6hrs a day)

**DON'T BE ONE OF THEM!**

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**THANK YOU**

*Source: Canadian Physical Activity Guidelines & Sedentary Behaviour Guidelines,  
Participation*