



Physical Activity

Being physically active is one of the best ways to maintain your health and independence. Getting enough exercise and engaging in an active lifestyle will promote positive mental health and well-being, help you manage stress, ensure that you can maintain your balance, flexibility and mobility, and help to prevent illness and disability. Older adults are a population at higher risk for inactivity. Plan to build regular physical activity into your life to promote healthy aging.

Questions to think about when planning for increased physical and mental health:

How are you planning to stay physically active? Aim to get at least 10 minutes of exercise, three times a day.

Have you thought about trying a new activity such as gentle yoga, Tai Chi, Nordic walking, swimming or riding a bike? Physical activity promotes balance and flexibility and is vital to preventing falls.

Did you know that you can increase your muscle mass at any age with weight bearing activities?

How much physical activity do you get? Have you thought about keeping a fitness journal to list your daily activities, set goals, track your progress and identify activities that you like doing best?

Did you know that sitting for too long can harm your health and can increase your risk of heart attack, stroke and developing diabetes? If you are sitting a lot, it's recommended that you get up every 20 minutes to walk around and stretch.

Did you know that low intensity, low-cost activities such as moderate, regular walking are among the simplest and most popular ways to be physically active? Walking yields significant health benefits such as lowering body fat and blood pressure (in hypertensive individuals) and improving insulin sensitivity.

- [Physical Activity](#) (link)
- [HealthyFamiliesBC](#) (link)
- [Planning for Healthy Aging](#) (link)