



Some **IDEAS** to try are :

- ♥ Choose something you enjoy doing – try it with a friend or a family member.
- ♥ Stand up while talking on the telephone.
- ♥ Take the stairs instead of the elevator escalator when ever you can.
- ♥ If you go to the mall, walk around it a few extra times for exercise.
- ♥ Dancing, such as Bhangra, is a great form of activity. Turn on the music and get the whole family moving.
- ♥ Keep a pair of runners in the car. Have some time waiting? Lace up, get out and go for a walk.
- ♥ Play catch with your kids.
- ♥ Make housework fun! Dust and vacuum to your favorite tunes and throw in a dance step or two along the way.
- ♥ Go for a walk on your lunch break or with your family after dinner

People who are physically **ACTIVE** live longer, healthier lives. In fact, people who are not active are more likely to be at risk for heart disease or stroke. Active people are more productive, and less likely to have illness and injury.

Being active helps you maintain a healthy weight, control blood pressure and cholesterol, as well as manage your stress. All of these are positive, healthy things you should try to do.

Being active doesn't have to be hard, it should be fun! There are many ways to make physical activity a part of daily life, whether you are out and about, at home, school, work, or play. There is always something you can do to get more active. Try to look for spontaneous exercise opportunities, it doesn't have to be structured to count.

Getting started is easier than you think. Start now, and start slowly. The goal is to get up to at least 30 minutes of physical activity most days of the week. The good news? You don't have to do it all at once. Try doing 10 minutes at once a time, or multiple times throughout the day.

Scheduling activity into your day may help to make it a priority. If you have not been active, please talk to your physician before starting any kind of exercise program. If you feel short of breath, are unable to talk, feel dizzy, or experience discomfort in your chest, shoulders or arms, stop what you were doing and tell your healthcare provider.

10 minutes at a time is fine We know 150 minutes each week sounds like a lot of time, but it's not. The good news is that you can spread your activity out during the week or even break it up into smaller chunks of time during the day. It's about what works best for you! Aim to be physically active at a moderate or vigorous effort for at least 10 minutes at a time.

Physical inactivity is one of the five leading global risk factors for mortality and is estimated to cause 2 million deaths per year.

*Source: World Health Organization. (2009). Global health risks: Mortality and burden of disease attributable to selected major risks. Retrieved from http://www.who.int/healthinfo/global_burden_disease/GlobalHealthRisks_report_full.pdf



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