

## Get Active Stay Healthy

### Why?

Get active to stay healthier:	Get active might have less diseases:
<ul style="list-style-type: none"> <li>• feel better</li> <li>• sleep better</li> <li>• more energy</li> <li>• think faster</li> <li>• handle stress better</li> </ul>	<ul style="list-style-type: none"> <li>• heart disease</li> <li>• high blood pressure</li> <li>• diabetes</li> <li>• some cancers</li> </ul>

### Ways to get active:

1. 30 minutes of activity, five days a week; or 10 minutes of activity, fifteen times a week (e.g., during lunch or breaks at work)
2. Having a hobby or playing a sport game
3. Outdoor activities:
  - events in town
  - Trying some new activities: winter sports
4. Indoor activities:
  - ball games, play with toys, learn music
  - walk in the mall
5. At home:
  - wash cars, windows
  - jump rope with children
  - walk to corner stores
  - scrub the kitchen floor ...
6. At work or at school:
  - get off early and walk
  - use the stairs
  - walking meetings
  - use farthest washrooms
  - walk to the person's station
  - coffee break walks

### **Resources:**

- Musical instruments rental from Calgary Public Library
- Sunalta Community Toy library
- Prescription to get active
- Alberta Healthy Living Program
- Community Bingo

### **Free and Low-Cost Recreation Activities in Calgary & Area**

- Parks and Recreation
- All Sports One city – January
- All Sports One day – June
- Stampede Family Day – July
- Historic Calgary Week – late July and early August
- Doors Open YYC – September
- Museums in Calgary
- Institute for Canadian Citizenship (ICC)
- Calgary Public Library
- The City of Calgary
- Alberta Parks
- JumpStart
- KidSport
- Inform Alberta

### **Questions:**

- Call 211--recreation programs and resources
- Call 811--health advice