



Get Active Stay Healthy

Participants

Get active to stay healthier:

- feel better
- sleep better
- more energy
- think faster
- handle stress better

Get active might have less diseases:

- heart disease
- high blood pressure
- diabetes
- some cancers

Ways to get active:

1. 30 minutes of activity, 5 days a week; or 10 minutes of activity, 15 times a week (use lunch / break times)
2. Have a hobby or playing a sport game
3. Outdoor activities:
 - events in town
 - try new activities / winter sports
4. Indoor activities:
 - ball games, play with toys
 - AHS exercise programs
 - museum, library
 - 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 the farthest washrooms
- walk to the person's station
- coffee break walks

Resources:

- Fair Entry Program: call **311**
- Low cost equipment programs: **JumpStart, KidSport**
- Library: music instruments, toys, arts & culture passes: check with your library
- Prescription to Get Active: ask your family doctor
- AB Healthy Living Program: call **811**

Questions:

- Call 211--recreation programs and resources
- Call 811—nurse / nutritionist advice