

NUNAVUT'S PHYSICAL ACTIVITY GUIDE

TO HEALTHY ACTIVE LIVING

Physical Activity is Fun and Improves Health!

**Get Active Your Way,
Every Day—For Life!**

**REDUCE
SITTING FOR
LONG PERIODS**

Choose a variety of activities from these groups

**INCREASE
STRENGTH
ACTIVITIES**
2-4 days a week

Activities against resistance to strengthen muscles and bones and improve posture.

**INCREASE
FLEXIBILITY
ACTIVITIES**
4-7 days a week

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**INCREASE
ENDURANCE
ACTIVITIES**
4-7 days a week

Continuous activities for your heart, lungs and circulatory system.



Move to the Beat ... Share in the Rhythm!



Department of Culture Language, Elders and Youth

Starting slowly is very safe for most people.
Not sure? Talk to your health centre.



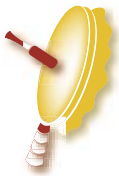
Benefits of Regular Activity

- Builds strong bones and strengthens muscles
- Achieves a healthy weight
- Promotes good posture and balance
- Better health
- Meet new friends
- Sleep better
- Strengthens the heart
- Improves physical self-esteem
- Increases relaxation and reduces stress
- Enhances healthy growth and development
- Continued independent living later in life
- Reduces the risk of falls and injuries
- Reduces the risk of many chronic diseases including heart disease and stroke, osteoporosis, adult onset diabetes, depression, colon cancer, high blood pressure, and premature death



Getting Started is Easier Than You Think

- Talk to your Recreation Coordinator about opportunities in your community to be active.
- Walk instead of taking the snowmobile or car to work or the store.
- Play actively with your kids.
- Find activities you enjoy.
- Share your traditional knowledge and skills with children and youth. Teach them how to build igloos and kamtiks, to hunt and to prepare skins.
- Go out on the land and get fresh ice for water and tea.
- Put on some music and dance.
- Get involved in your community – volunteer, attend community events such as square dances and gym activities or shovel snow for an elder.



Being Active is Fun & Improves Health! Get Active, Your Way, Every Day – For Life!

- Adults and elders should accumulate 30 to 60 minutes of moderate physical activity most days but more is even better.
- Children and youth should increase the time currently spent on physical activity starting with 30 minutes more per day, and reduce “non-active” time spent on TV, video, computer games and surfing the internet, starting with 30 minutes less per day. Aim for at least 90 minutes of physical activity per day including 30 minutes of vigorous intensity activity.
- All minutes count – you could even add 10 minutes of activity at a time.