

The Health Benefits of Physical Activity Among Adults and Older Adults

Regular physical activity can make us feel better and improve our state of mind. There is evidence to confirm a strong relationship between physical activity and mental health.³



What can individuals do to get active?

- Spend time outdoors.
- Walk, wheel or take the bus.
- Try a new activity each season.
- Try dancing and drumming to celebrate culture.
- Move at work.
- Garden.
- Support community decisions to build trails, parks and places to be active.
- Start an activity club.

If you are new to exercise, please check with your health provider or a certified exercise professional.

ABOUT
54%

of Canadian adults say that they are active enough to get 150 minutes of physical activity,¹ however, data shows that only **18%** of Canadians actually do.²

Activities should last for at least **10** minutes and cause you to work up a sweat.⁴

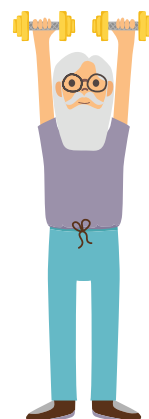
It is good for adults (18-64) and older adults (65 and up) to do a mix of cardio and strength exercises. Older adults should add balance exercises.⁴

Canadian Physical Activity Guidelines say adults and older adults should get **150** minutes of physical activity per week.⁴

Regular participation in physical activity is associated with a reduced risk of cognitive decline.^{5,6,7,8}

Physical activity can improve fitness and mental health.⁴

It is important for adults and older adults to get **7-9 hours of sleep¹¹** and reduce time spent sitting.



What can Communities do to Increase Activity?¹⁰



Healthy Public Policies

ex: Legislation or bylaws that limit motor vehicle speeds.



Healthy Built Environments

ex: Traffic calmed neighbourhoods.

Healthy Opportunities

ex: More people feel safe using active transportation.

Healthy People

ex: Increased physical activity, reduced injuries, increased social interaction.



Following the Canadian Physical Activity Guidelines (150 minutes of weekly activity) can reduce your risk of^{4,9}:

Premature death by

31%

High blood pressure by

31%

Stroke by

30%

Colon cancer by

33%

Weekly activity of **150 minutes** can also reduce the risk of type 2 diabetes, coronary heart disease, osteoporosis and breast cancer.⁴



SOURCES

- 1 Canadian Community Health Survey, 2014.
- 2 Canadian Health Measures Survey, 2014-15.
- 3 Fredeen, Denise. Alberta Centre for Active Living. Move your body. Move your mood. Wellspring, February 2016. Retrieved November 22, 2017. <https://www.centre4activeliving.ca/news/2016/02/move-your-mood-youth-mental-health/>
Faulkner, Guy. Alberta Centre for Active Living. Sweat is the best antidepressant: But where do we go from here? Wellspring, March 2016 <https://www.centre4activeliving.ca/news/2016/03/mental-health-depression/> Retrieved November 22, 2017.
- 4 Canadian Physical Activity Guidelines for Adults and Older Adults www.csep.ca
- 5 Livingston, Gill et al. Dementia prevention, intervention, and care www.thelancet.com Published online July 20, 2017 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31363-6/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31363-6/abstract)
- 6 Barnes, Jill N. American Physiological Society. Exercise, cognitive function, and aging. *Advances in Physiology Education* 2015 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4587595/?report=reader>
- 7 Blondell, Sarah J., Hammersley-Mather, Rachel and Lennert Veerman J., Does physical activity prevent cognitive decline and dementia?: A systematic review and meta-analysis of longitudinal studies *BMC Public Health*, 2014
- 8 Ginis, Kathleen A. Martin et al. "Formulation of Evidence-Based Messages to Promote the Use of Physical Activity to Prevent and Manage Alzheimer's Disease." *BMC Public Health* 17 (2017): 209. PMC. Web. 27 July 2017. <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-017-4090-5>
- 9 Evidence for Exercise is Medicine. http://www.exerciseismedicine.org/canada/support_page.php/evidence-for-eimc1/ Retrieved November 21, 2017.
- 10 Chief Provincial Public Health Officer, 2015 Health Status of Manitobans Report: Healthy Environments, Healthy People <http://www.gov.mb.ca/health/cppho/docs/hehp.pdf>
- 11 National Sleep Foundation, National Sleep Foundation Recommends New Sleep Times. Published online February 2, 2015. <https://sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>