

Want to Age Better?

The best way to remain healthy, strong and independent is to get active!

Stay mobile, independent and cognitively strong!

Three of the biggest positive effects physical activity can have on Canadians is the prevention of slips and falls, cognitive decline and social isolation.

As we age, staying active will help you:



Stay on Your Feet



Stay Cognitively Strong



Stay Connected

Adults need at least 150 minutes of heart-pumping physical activity each week.

Unfortunately, only 16% of adults living in Canada are active enough¹ to meet the guidelines AND received a grade of “D” for overall physical activity.



29%

of adults living in Canada fall within the ‘low active’ lifestyle category (5,000 – 7,499 steps/day).²

9.6

Adults spend 9.6 hours/day being sedentary (on average), excluding sleep time.³

Small steps can make a big difference!

Regular physical activity helps prevent common concerns associated with aging:

01

Move more every day – be it active transportation, daily chores, gardening or walking the family pet

02

Try something new – and once you find an activity you like, stick with it

03

Ask others to join in – make it social

04

Break up extended sitting time

05

Add strength training to your routine 2-3 times a week



Read the **ParticipACTION Report Card on Physical Activity for Adults** to learn more.

Sources:

1. Clarke et al., (2019). Accelerometer-measured moderate-to-vigorous physical activity of Canadian adults, 2007 to 2017. Health Reports, 82-003-X. Retrieved from: <https://bit.ly/2PegzLG>.

2. Statistics Canada (2019). Canadian Health Measures Survey, 2016 to 2017 (cycle 5). Custom tabulation.

3. Statistics Canada (2016). Canadian Health Measures Survey, 2014 to 2015 (cycle 4). Custom tabulation.

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Everything gets better when you get active.