



ACTIVE LIVING CORNER

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Being physically active is great for your health. From relieving stress to improving fitness, having an active lifestyle provides lots of benefits, including reducing your risk of heart disease and stroke. Regular activity helps prevent and control high blood pressure, high cholesterol, type 2 diabetes, osteoporosis, certain types of cancer, and obesity.

The Canadian Physical Activity Guidelines (csep.ca/guidelines) recommend that adults accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity a week, in bouts of 10 minutes or more to achieve health benefits. The best approach is to participate in activities that you find enjoyable as you are more likely to sustain the habit once established. Some examples of aerobic activity are brisk walking, running, swimming and bicycling. Adults should accumulate this activity over and above the activities of daily living, such as housekeeping, preparing meals and shopping. Be sure to consult your physician before starting any activity program.

If you're just starting out, go slow and work up gradually... and then keep at it, and within

three months or less, you'll notice a big difference in your fitness level. You'll feel better, have more energy, sleep more soundly, and reduce your stress.

Walking Program

Come out and get active with us!
Open to everyone and FREE

- Reduce stress
- Strengthen your heart & lungs
- Increase your energy levels
- Maintain and/or achieve your healthy weight
- Enjoy meeting new people
- Exercise inside - sheltered from the weather, safe with mall security!

When
Mondays, Wednesdays, Fridays, 8am to 11am

Where
Stop in at our desk inside Marlborough Mall, where you can register, ask questions, and leave your jacket if you wish!

During the fall and winter there are many other things to do both indoors and outside such as bowling, dancing, hiking, ice skating, weight lifting, hockey, sledding, snow shoeing, stretching, and yoga. And walking is always an excellent activity that can be virtually injury-free and a great starting point. When the weather is too unsettled to venture outside you can always participate in Mosaic's Marlborough Mall Walking Program (Monday, Wednesday, and Friday from 0800 to 1000) or join the Mosaic Active Adults Program at the Genesis Centre (Monday to Friday 0900 to 1200). Both of these programs are year round, free, fun, sociable and a great way to stay active surrounded by others interested in doing the same.

Using a pedometer can motivate you to walk more and challenge your friends and family. You can get a pedometer from the Mosaic Active Living Coordinators at both the Walking Program and the Active Adults Program. □