

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

**Five Fun Ways to
Fall into Fitness**

Variety is as important in physical activity as it is in nutrition. Your muscles need different activities in order to be strong, flexible and energetic. Go to www.myeatsmartmovemore.com/ for tips on fitting fitness into busy lives.

Enjoy more EVERYDAY activities.

Everyday activities offer fitness opportunities for the whole family. As the days get cooler in fall, getting outside feels better and better. Get out to walk the dog. Get out to rake (and jump in) piles of leaves. Get out to play Frisbee® in the park. Plan to enjoy as many outdoor physical activities every day as you can.

Enjoy more AEROBIC activities.

Anything that keeps your arms and legs moving and gets your heart pumping a little faster can be aerobic. Bike riding, jumping rope and brisk walking can be fun and safe at any age. Aim for at least 10-20 minutes at a time, at least 30-60 minutes total per day, at least five days a week.

Enjoy more RECREATIONAL activities.

Fall is a fun time for outdoor and indoor recreational sports, such as soccer, football, rugby and volleyball. Check out the leagues – for kids and adults – in your community. Spending lots of time at children’s practices? Ditch the chair, wear comfortable shoes and fit your fitness in with a walk around the field.

Enjoy more STRENGTH activities.

The American Heart Association’s guidelines stress the importance of keeping muscle strength. No need to bulk up like a body builder; adults can get and stay strong with 5-10 pound weights or simple resistance bands. With these, it’s easy to meet the recommendations for 8-10 strengthening exercises twice per week.

Enjoy more FLEXIBILITY activities.

While children are naturally flexible, adults need regular stretching to maintain flexibility. Pilates, yoga and tai chi classes (or videos) are great. Simple, safe stretches can also be done at a desk (or in front of TV) with *Stretching @ Your Desk* and *Yoga @ Your Desk* from www.centre4activeliving.ca/workplace/.



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