

## Handout 5

# Benefits of physical activity

Most Canadians know that physical activity is good for their health. They know that it reduces the risk of heart disease, prolongs life and helps to maintain a healthy weight. However, a recent study shows that inactive Canadians are less aware of the short-term rewards of physical activity. They may not know that both men and women can fairly quickly get valuable benefits such as:



- ◆ Better self-esteem
- ◆ Less stress
- ◆ More energy
- ◆ Better sleep
- ◆ Relaxation
- ◆ Prevention of adult-onset diabetes and osteoporosis

In addition, older adults who stay physically active will keep the strength, endurance and flexibility they need to do everyday tasks independently.

It is never too late to get benefits from physical activity. Now is the time to be active.

Source: Canadian Fitness and Lifestyle Research Institute

*Active Independent Aging was a joint venture between the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. For more information please visit our website at: [www.falls-chutes.com](http://www.falls-chutes.com). Funding provided by Health Canada/Veterans Affairs Canada Falls Prevention Initiative. The views expressed herein do not necessarily represent the official policies of Health Canada, Veterans Affairs Canada, the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. The information in this handout is current as of 2004.*