



PHYSICAL ACTIVITY

FAST FACTS

Research shows that people who regularly take part in physical activity benefit from physical, social, emotional and psychological benefits including:

- Improved mental health and self esteem
- Improved cardiorespiratory and muscular fitness
- Healthy body weight maintenance
- Improved posture and balance
- Decreased risk associated with disease and illness
- Decreased absenteeism from work and school

Take Action in Your Community

Recreation and Community Sector

- Work with partners to identify and promote funding sources
- Advocate for the benefits of physical activity
- Prioritize physical activity as part of strategic and financial planning processes
- Support accessibility for physical activity through affordable use of facilities and programs
- Increase physical activity programming for all

KEYS to SUCCESS

"The most effective approach to increase physical activity levels is a combination of efforts at all levels – individual, organizational, community and public policy."

- Source: National Recreation Summit, 2011

"Specific strategies should be developed by all delivery organizations to encourage participation in physical activity programs and reduce sedentary behaviours."

- Source: Active Canada 20/20



Saskatchewan
Parks and Recreation
Association

Canadian Physical Activity Guidelines

Children and Youth: 60 minutes of moderate to vigorous physical activity per day; to include vigorous activities and muscle strengthening activities three days per week.

Adults and Seniors: 150 minutes of moderate to vigorous physical activity per week; to include muscle and bone strengthening activities two days per week.

Increase Your Physical Activity Levels

In the Workplace

- Opt for the stairs
- Take a physical activity coffee break
- Go for a walk at lunch

For the Family

- Take a walk with the family four days per week
- Plan a family physical activity evening each week
- Keep a weekly calendar of physical activities
- Take part in active travel to school or work
- Limit the time spent in sedentary behaviour such as watching tv or playing computer games

In the Community

- Join or take part in a new leisure pursuit that involves being physically active with friends
- Find a group or buddy to be active with
- Park your vehicle further away and walk some of the distance
- Take an SPRA training workshop or certification that help groups in the community be more active (such as Take the Lead or Fitness Certification)

Sources:

Warburton, D.E., Nicol, C.W. and Bredin, S.S., 2006. Health benefits of physical activity: The Evidence. Canadian Medical Association Journal, 174(6).

Canadian Society for Exercise Professionals. 2011. Canadian Physical Activity Guidelines.

HOW CAN SPRA HELP?

■ Advice

For more information on how to increase physical activity opportunities in your community contact:

SPRA

Phone: 1-800-563-2555 or (306) 780-9231

Email: fitness@spra.sk.ca

■ Resource Centre

There are many FREE books, videos, cds and other resources such as our pedometer lending kits available to help you set your ideas in motion. Check out titles like:

- Developing Physical Activity Within the Community: A guide for the Recreation Sector
- Pedometer Power: Using Pedometers in School and Community
- Healthy Active Living: Keep Fit, Stay Healthy, Have Fun
- 303 kid-approved exercises and active games

■ Information

For more information, resources and training, visit www.spra.sk.ca/PhysicalActivity.

Supported by:

**Saskatchewan
LOTTERIES**



For more information, contact the Saskatchewan Parks and Recreation Association

Phone: (306) 780-9231 Toll free: 1-800-563-2555 Email: office@spra.sk.ca Website: www.spra.sk.ca