



## Lift Off! 10-Minute Physical Activity Breaks

### Benefits and Basics of Physical Activity

#### Benefits:

All ages of people benefit from being more active. You're never too old to start a program of physical activity!

Here are some benefits:

- Reduces your risk of diabetes, certain types of cancer (e.g. breast and colon), and heart disease
- Helps to control your blood pressure
- Boosts your energy, relieves tension and stress, improves mood and can reduce feelings of depression and anxiety
- Helps to build and maintain healthy muscles, bones and joints, improves balance and flexibility
- Helps to control weight and reduce fat

#### Basics:

**How much?** - Your goal should be to do at least 30 minutes of physical activity. You can do your physical activity in 10 or 15 minutes bouts a few times a day, until you accumulate 30 minutes, or all at once. It's your choice.

**How Often?** - Be physically active on 5 or more days a week.

**How Hard?** - With moderate intensity activity you will feel an increase in your breathing and heart rate, similar to brisk walking, but moderate intensity is not as intense as jogging. You should be able to carry on a conversation with someone while you are active at a moderate intensity.

**What activities can I do?** - Any moderate intensity that you enjoy is OK. You can walk, swim, bike, skate, play sports like basketball, dance, do household chores, work in the garden, or anything else that makes you want to be active!

**How should I start?** - It may not be realistic for you to be physically active for 30 minutes on 5 days of the week. That's OK! Start where you can and gradually increase your time, frequency and duration.