



## ACTIVE LIVING

Your Way, Everyday!



**Active Living is about healthy choices. It is finding the right balance of physical activity that you enjoy. Active Living is a way of life in which physical activity is valued and integrated into daily routines.**

**The physical activities you choose to do will depend on many things. Activities may be different as your interests and abilities change. Different as a result of cultural heritage and family traditions. And they may be different when you are sixty than when you were twenty.**

**Active Living is doing what comes naturally. It can be walking and wheeling, dancing, playing hockey or playing with the kids. Active Living - it's everything you want it to be!**

**Regular physical is important because:**

- it helps to control blood pressure**
- it helps to control diabetes**
- it can help to reduce blood cholesterol**
- it relieves stress and tension**
- it keeps the muscles supple and strong**
- it keeps the joints mobile**
- it strengthens the bones**

**it may boost the bodies ability to ward off colds and other illnesses**

**YOU'LL FEEL BETTER!!**

**Bouts of activity, as brief as five minutes, throughout the day can produce these health benefits. Fitting activity into your day is what active living is all about. Every little bit of activity does count! Be active your way - everyday.**

**For more information on active living, contact your local Recreation Department, or the Manitoba Fitness Directorate at our toll-free number 1-800-282-8069 Ext. 4500.**

