

LET'S BE ACTIVE



Staying active will help to improve your flexibility, balance and muscle strength!

BEING ACTIVE MEANS:

Doing something physical each day whether its walking, cycling, housework, gardening or tai chi. Regular physical activity is one of the most important things you do for your health and help your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

WHAT CAN I DO TO BE ACTIVE?

Go for a walk. Walking tall maintains muscle strength and balance.

Take a strength training or fitness class like aerobics or aquafit. This helps to build muscle and strengthen your bones.

Join a pole walking or walking group. Wear proper footwear when walking. A good shoe fit gives you safe walking patterns and proper balance.

Garden or do housework. These activities help to increase leg muscle strength and upper body. Your balance, posture and stamina will be improved.

Try Tai chi, Yoga or Pilates. Each helps with balance, coordination and good upright posture.

Sign up for a new activity: Try swimming, cycling, dancing, golfing, tennis or bowling. Each activity enhances coordination, balance and muscle strength and allow you to meet to new people. See what is available at the Community Center, local gym or Senior's Centre.

Before starting an activity, consider the following:

1. See a foot care specialist to have your feet checked out, nails cut and corns cared for.
2. Consult your health care provider if you have any foot pain or balance concerns.
3. Use a walking aid if balance is a concern.

Let's be ACTIVE. Let's be SOCIAL. Let's be STRONG!

For more information visit: www.stayonyourfeet.ca or call your local public health unit.



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