



# Stay Active and Healthy



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## Stay Active and Healthy

- **Walk everywhere you can.**
  - Invite friends and family members to walk with you.
  - Join a walking club to meet new friends.
  - Walk; don't drive, to the corner store.
  - Get off the bus three blocks from your home and walk the rest of the way.
  - Take the stairs instead of the elevator.
  - Wear appropriate clothing. Winter: warm jacket, boots, hat and mitts. Summer: hat and sunglasses.
- **Increase the amount of time you spend doing physical activity and decrease the “sedentary behaviour”.**
  - Children should be active for at least 60 minutes per day; adults should be active for at least 150 minutes per week (See attached physical activity guidelines).
  - Limit watching TV, spending time on the computer or playing video games.
- **Choose physical activities you enjoy and build them into your daily routine.**
  - Dance, play games the same way you used to while growing up.
  - Invite your friends and family members to take part of an activity you are accustomed to.
- **You may be eligible for reduced cost recreation activities such as swimming lessons.**
  - You can complete a “*Hand in Hand*” request form (in binder) and take it to your nearest recreation facility. Call 3-1-1 to find out which recreation facility is close to you.
  - Call 3-1-1 for information on low-cost gym facilities.
  - For information on recreation programs for all seasons in the City of Ottawa, call 3-1-1 or visit [www.ottawa.ca](http://www.ottawa.ca).

For more information on how to keep active and healthy, call Ottawa Public Health at 613-580-6744, ext. 28020 and ask for a translator if needed, or visit [www.ottawa.ca/health/](http://www.ottawa.ca/health/). (Hours of operation: Monday to Friday, 8.30 a.m. - 4.30 p.m. -- closed on weekends and public holidays).