

June 6 is National Health & Fitness Day

IT'S CANADA'S DAY TO GET UP, GET OUT AND GET ACTIVE
VISIT WWW.NHFDCAN.CA



Le 6 Juin, C'est La Journée Nationale De L'activité Physique

C'EST L'OCCASION PARFAITE DE SE LEVER, DE
SORTIR ET DE BOUGER!
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Saturday June 6 is designated as a day that aims to increase the health of Canadians by increasing our physical activity participation rates.

What is a quick and easy way for you to participate?

Why not head outside for a walk! You don't need any expensive equipment - just get up and go. You can walk anywhere or anytime. It's environmentally friendly; less time in your car means less pollution. It's also a great way to connect with others!

Health Benefits of Regular Walking

1. **Heart health** – walking reduces your risk of cardiovascular disease, high cholesterol and high blood pressure
2. **Brain function** – walking increases circulation, therefore supplying your brain with more oxygen and nutrients. This can reduce brain fog, improve focus, concentration, memory and reduce the risk of Dementia
3. **Diabetes risk** – walking reduces the risk of Type 2 Diabetes by controlling blood sugar and insulin
4. **Bone health** – low impact weight bearing can help prevent bone loss and osteoporosis
5. **Strengthens muscles** – improves muscle tone and strength in your legs and back
6. **Supports immune system** – walking helps to boost your immune cells
7. **Increases your Vitamin D** – if you're outside you're more likely to make some vitamin D
8. **Reduces stress hormones** – walking in nature helps to reduce cortisol
9. **Improves mental health** – studies have shown that walking reduces low mood and depression
10. **Increases creativity and productivity** – I always get my best ideas when I'm out on a walk!

How much do we need to walk?

- Adults with a Chronic Condition: 4,000-7,000
- Somewhat Active / Older Adults: 7,000-9,999
- Active Adults: 10,000
- Highly Active – Children, Youth, Fit Adults: 10,000-16,000

Walking programs to help you start off on the right foot:

https://www.gov.mb.ca/health/activeliving/tools_resources/walking/walking_the_activity_of_a_lifetime.pdf

If you're new to walking, start with a few minutes a day, then build up slowly. Check with your Doctor if you're not sure.

Tips to walk more:

- ✓ Invest in some good hiking boots for winter, comfortable trainers for summer and a waterproof jacket. Then there's no excuse not to get out, even if it's raining!
- ✓ Park your car further away so you can walk further. Every step counts!
- ✓ Find a friend to walk with or join a local walking group
- ✓ Take a stroll at lunchtime, or have walking meetings with colleagues
- ✓ Meet your friend for a ('distance') walk
- ✓ Get an App that records your steps if it helps to motivate you
- ✓ Build walking in to your daily routine
- ✓ Get a dog – a dog is a great motivator to get out every day, but only if you can look after it and it's not going to add to your stress!

Explore Pathways in Manitoba this Summer:

<https://www.todocanada.ca/top-hiking-trails-manitoba/>



Community Wellness Team

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