Reasons to Support Physical Activity

- Reduces the risk of developing...
  - Heart disease
  - Type 2 diabetes
  - High blood pressure
  - Premature death
  - Dementia
  - Stroke
  - Osteoporosis
  - Cancers
  - Depression
  - Anxiety

- Contributes to...
  - Reduced health care demands
  - Healthy development & growth
  - Socially connected communities
  - Increased employment and livelihood
  - Environmental sustainability
  - Reduced absenteeism
  - Improved quality of life
  - Longer independent living
  - Reduced criminal activity and vandalism

Policy Decisions to Support Physical Activity

### Built Environment Policies
- Support community design features that can support being active to get to work or other places, such as connected streets, sidewalks, bike paths, good public transit, and a mix of residential, commercial, educational, and employment areas.
- Encourage the development of green spaces, waterways, walking paths, trails and recreation facilities that promote recreational physical activity.
- Have commercial building codes that require stairways to be more accessible and visible.

### School Policies
- Active kids do better – in academic performance, behaviour, and overall health
- Changing the built environment can be a cost-effective way to increase physical activity
- Heart disease
- Premature death
- Stroke
- High blood pressure
- Cancers
- Osteoporosis
- Type 2 diabetes
- Depression
- Anxiety
- Socially connected communities
- Boost to the economy
- Increased productivity
- Improved quality of life
- Longer independent living
- Reduced criminal activity and vandalism

### Transportation Policies
- Most people trust health care providers and listen to their advice

### Workplace Policies
- The workforce spends a substantial proportion of their waking hours at work
- Change organizational culture by encouraging employees to walk, and more and more in and around the workplace
- Support active modes of transportation to the workplace
- Improve access to stairways, and encourage their use
- Develop workplace challenges and events to encourage employees to engage in an activity and reduce their sedentary time

### Education and Awareness Campaigns
- Changing social norms can increase the acceptance of engaging in physical activity
- School Policies
- Support campaigns that develop clear and consistent messages across various media outlets and methods.
- Develop messages that support and inspire the population to be physically active in their everyday life.
- Provide resources and create awareness of the many ways and places the population can be physically active in their homes, schools, workplaces, and communities.

### Support Sport, Recreation, and Active Living
- Physical activity is an investment capable of delivering valuable individual and social returns
- Support programs that promote and encourage participation across the lifespan.
- Offer affordable active living, active recreation, and sport opportunities.
- Create parks, sport fields, playgrounds, recreation and sport facilities, trails, pathways and other active transportation corridors.

### Health Care and Health Education

- Most people trust health care providers and listen to their advice
- Make assessment and advice about physical activity a routine part of health care services.
- Increase knowledge of the preventative and treatment benefits of physical activity by including it as a core component of training for all health professionals.
- Support integration of physical activity into the practices of long-term care facilities.
- Support regular surveillance and monitoring of levels of physical activity and sedentary behaviour, and evaluation of training programs and practice.