

# PHYSICAL ACTIVITY FOR DECISION-MAKERS

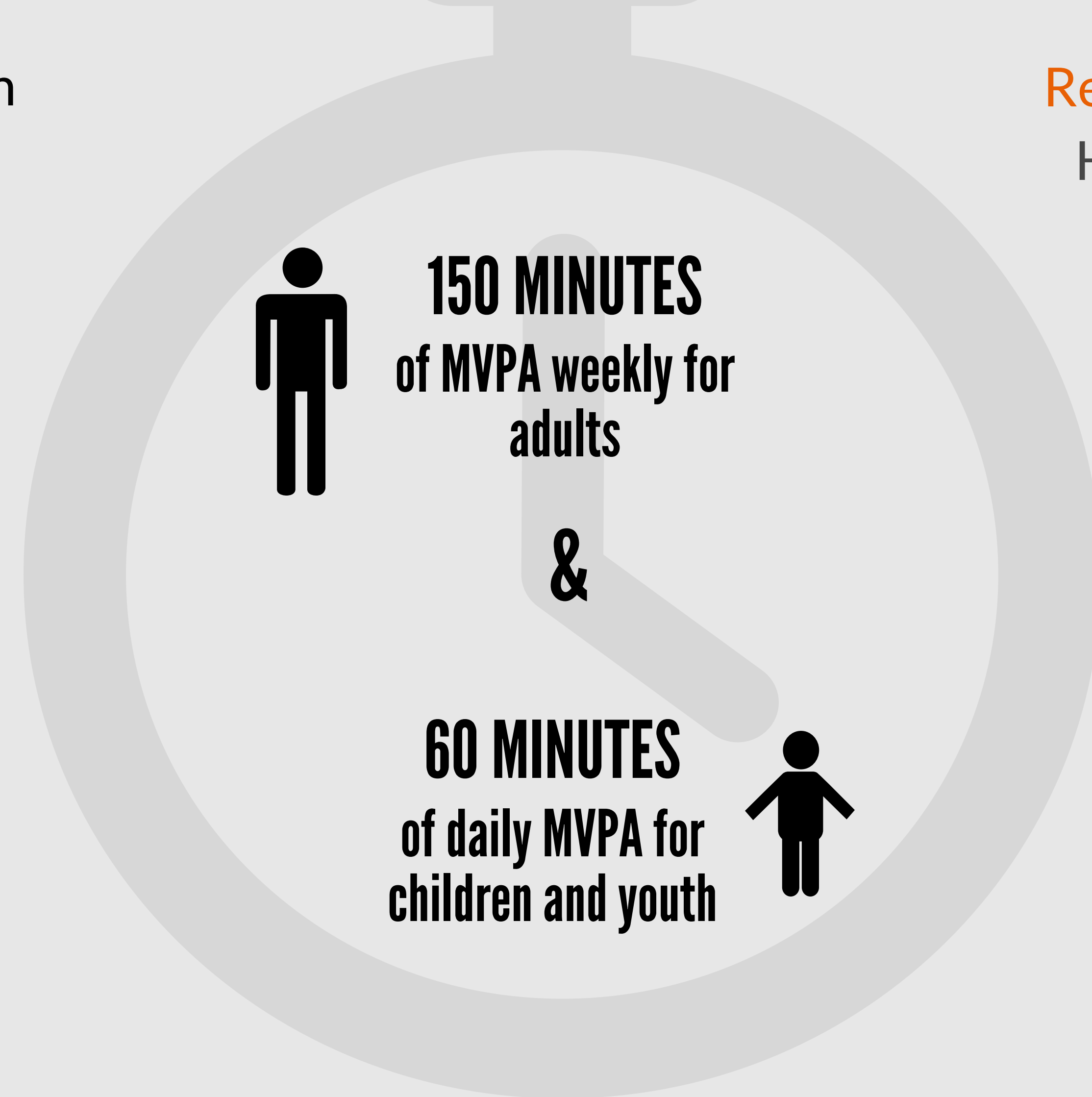


## Reasons to Support Physical Activity

### Reduces the risk of developing...

- Heart disease
- Type 2 diabetes
- High blood pressure
- Premature death
- Dementia
- Osteoporosis
- Depression
- Anxiety
- Stroke
- Cancers

### ACHIEVING



MVPA = Moderate-to-Vigorous Physical Activity

### Contributes to...

- Reduced health care demands
- Healthy development & growth
- Socially connected communities
- Decreased isolation and loneliness
- Reduced absenteeism
- Improved quality of life
- Boost to the economy
- Environmental sustainability
- Increased productivity
- Optimal health
- Decreased risk of falling
- Enhanced mental well-being
- Longer independent living
- Life-long health and well-being
- Reduced criminal activity and vandalism
- Improved memory and task performance

## Policy Decisions to Support Physical Activity

### Built Environment Policies



#### Changing the built environment can be a cost-effective way to increase physical activity

- 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.

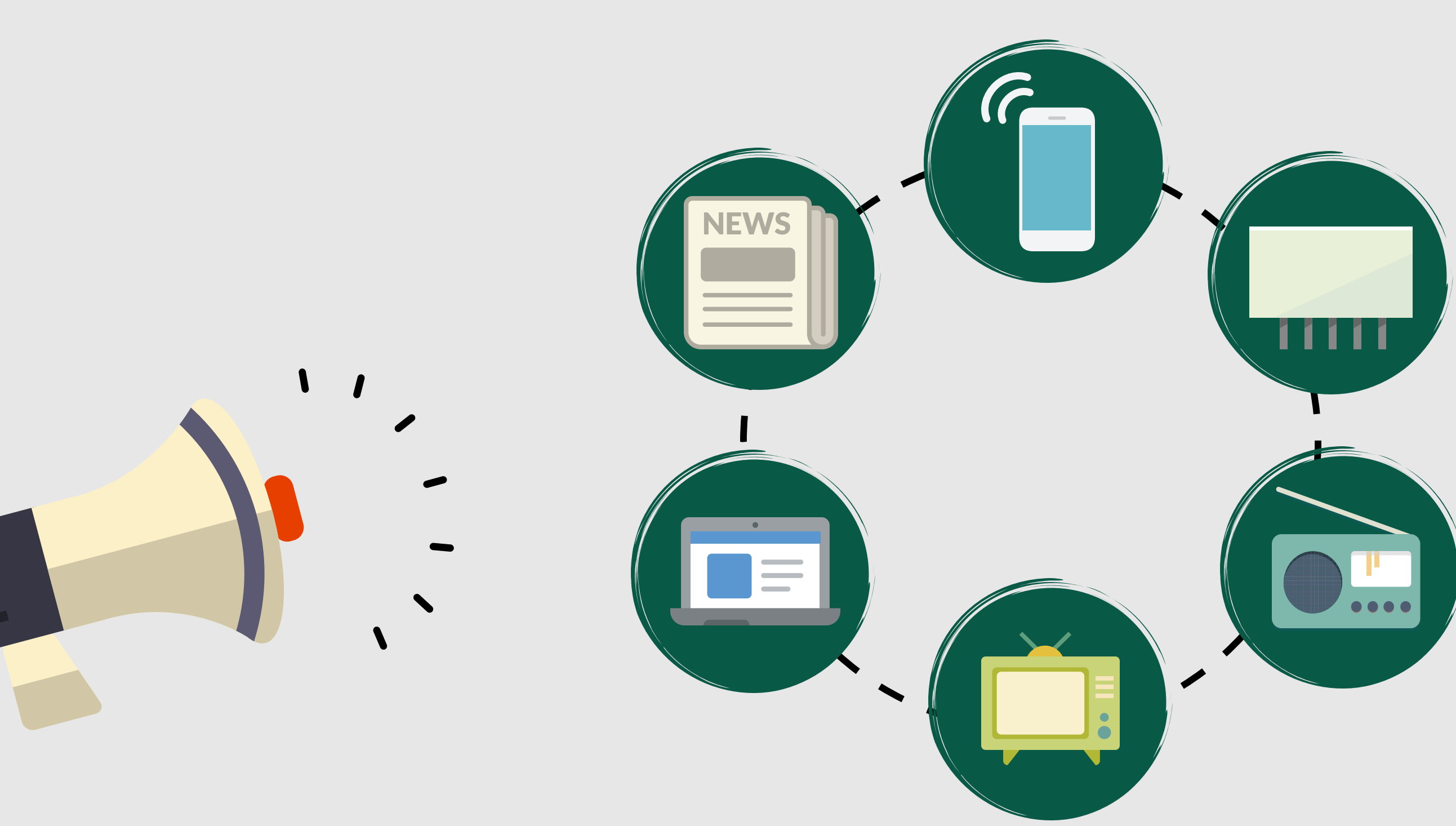
### School Policies



#### Active kids do better - in academic performance, behaviour, and overall health

- Support the provision of daily physical activity opportunities and programs for staff and students from K-12.
- Support policies that include the development of safe routes to school using active transportation.
- Support inclusion of a playground when the school is being built.
- Support after-hours use of schools for physical activity through Joint Use Agreements.

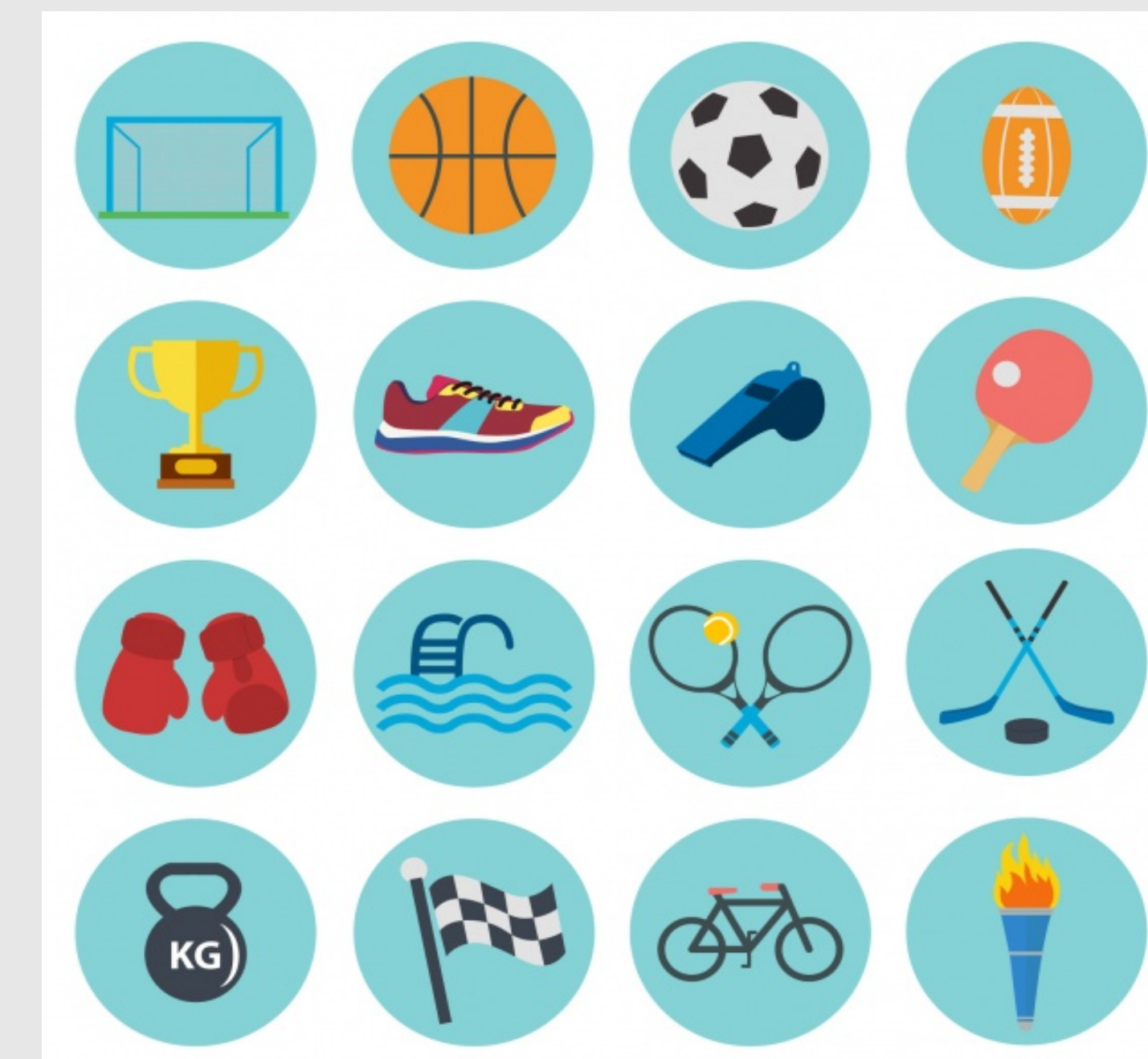
### Education and Awareness Campaigns



#### Changing social norms can increase the acceptance of engaging in physical activity

- 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.

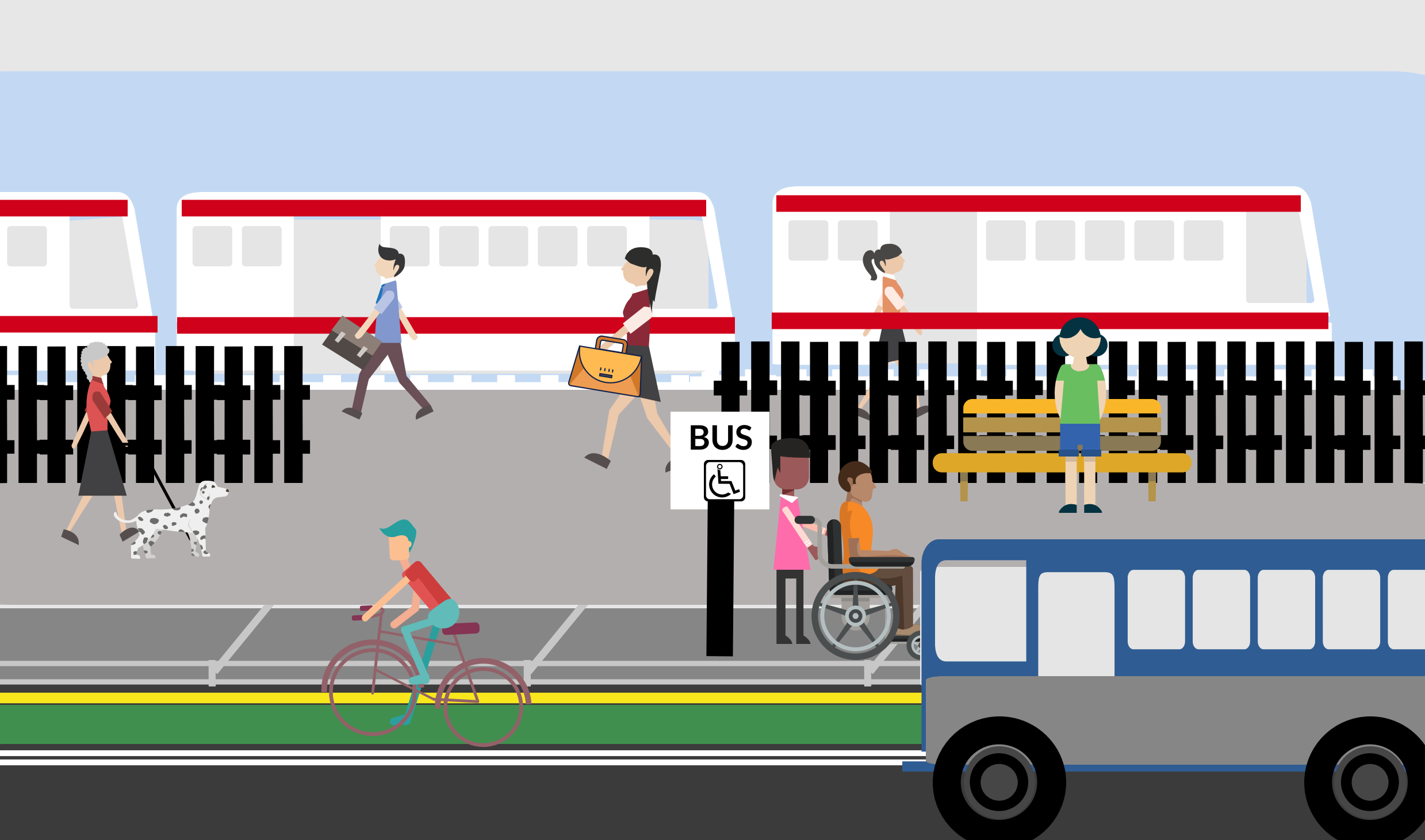
### Support Sport, Recreation, and Active Living



#### 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.

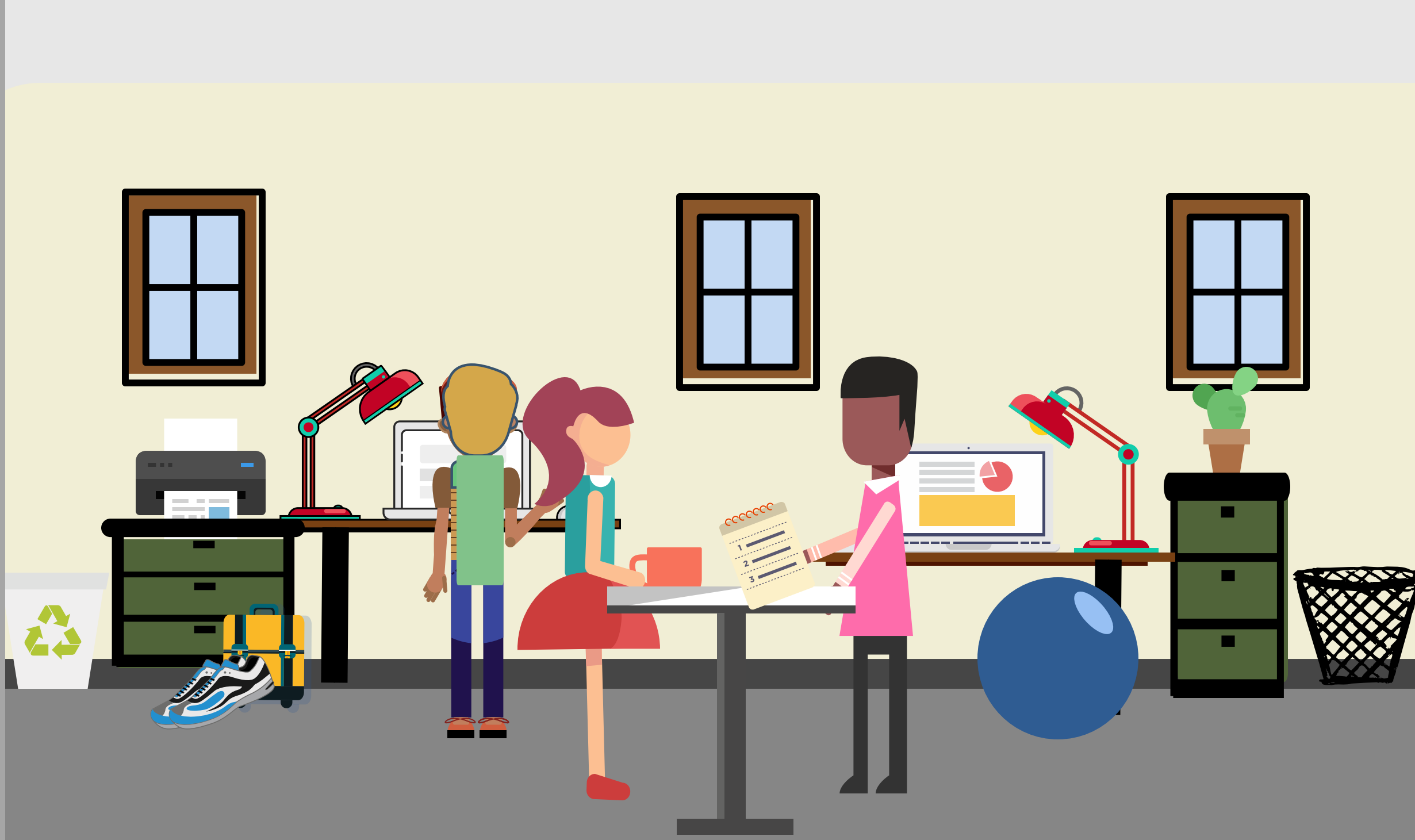
### Transportation Policies



#### Reducing dependence on personal motor vehicles can increase physical activity, improve health, decrease air pollution, build community, and enhance social connections and social equity

- Support policies focused on improving access to active modes of transportation and inter-connected systems of public transportation.
- Support incentive programs that encourage people to use person-powered transport more and cars less.
- Provide secure bicycle parking close to transit stations and throughout city.

### Workplace Policies



#### The workforce spends a substantial proportion of their waking hours at work

- Change organizational culture by encouraging employees to sit less and move 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.

### 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 chronic disease, and evaluation of training programs and practice.

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