

PHYSICAL ACTIVITY

FOR DECISION-MAKERS



Reasons to Support Physical Activity

Reduces the risk of developing...



Heart disease



Depression



Type 2 diabetes



Anxiety



High blood pressure



Premature death



Dementia



Stroke



Osteoporosis



Cancers

ACHIEVING



150 MINUTES
of MVPA weekly for
adults

&

60 MINUTES
of daily MVPA for
children and youth



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

MVPA = Moderate-to-Vigorous Physical Activity

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 promote 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.

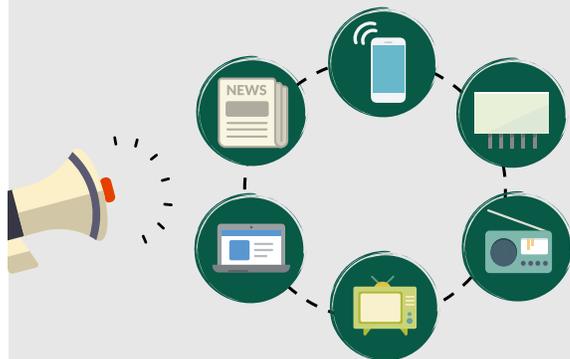
School Policies



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.

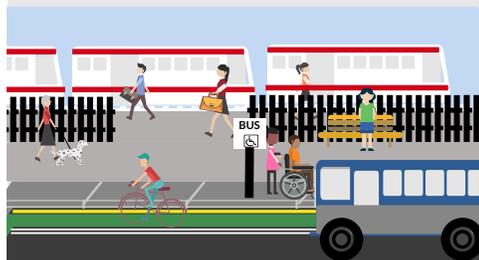
Support Sport, Recreation, and Active Living



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.

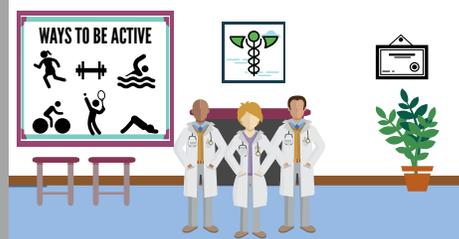
Workplace Policies



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.

BROUGHT TO YOU BY:

Centre for
Active Living

WWW.CENTRE4ACTIVELIVING.CA

