

JUNE 1, 2016

# BLUE SKY FHT NEWSLETTER

## FOCUS ON PHYSICAL ACTIVITY

### Health Benefits of Physical Activity

**Blood sugar control** - Bringing your heart rate up a little every day can help use the sugar in your blood.



**Improve cholesterol levels** - Being active helps increase the levels of the good cholesterol (HDL) in your blood.



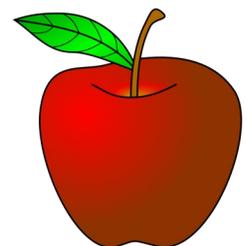
**Helps with blood pressure** - physical activity can help bring down blood pressure levels.

**Keep bones and muscles strong** - Resistance activity can help maintain bone and muscle strength. This is very important as we get older.



**Helps with mood** - In some people, physical activity can help improve mood by releasing natural endorphins that helps us feel good.

**Diet can also help to improve the above conditions.  
Ask for a referral to see the Registered Dietitians.**



## Canadian Physical Activity Guidelines



### For Adults 18-64 years

- To achieve health benefits, adults aged 18-64 should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- More physical activity provides greater health benefits.

### For Older Adults 65 years and older

- Same as above, however, those with poor mobility should perform physical activities to enhance balance and prevent falls.

## Get Active with Blue Sky FHT



Blue Sky Family Health Team offers many chances to stay active.

1. Walking Group - Meets Tuesdays and Thursdays from 10-10:30am at Memorial Gardens. Depending on the weather, you may walk inside or outside
2. Low Impact Classes - This class focuses on muscle strengthening, and flexibility while under the watchful eye of our Registered Kinesiologist.
3. Stand UP - This 12 week program focuses on balance and strength to help reduce the risk of falls in the home.
4. Fitness Assessments - Get one-on-one time with the Registered Kinesiologist to help develop goals to improve your fitness level.

