



# BEING ACTIVE

## Your moves make better babies

The Canadian Physical Activity Guide recommends that adults get 60 minutes of physical activity every day to stay healthy or to improve your health.

As you progress to moderate activities, you can cut down to 30 minutes a day, 4 days a week. Add up your activities in periods of at least 10 minutes each. Start slowly and build up.

Being active *before* pregnancy can make it easier to stay active during pregnancy. Even a little regular activity can strengthen your heart, body and bones and help keep you at a healthy weight. Being active is a good habit to get into. It is like brushing your teeth; you do it every day to keep healthy. Moving your body can also bring down your stress level. If you are active on a regular basis, your labour and delivery will likely be easier. If you get active now and stay active, you will be a good role model for your children. Being active is important.

Here is how you can get started on being more active...

- ❖ Stand instead of sit.
- ❖ Stroll instead of stand.
- ❖ Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- ❖ Dance to music – it can liven up housework.
- ❖ Reduce inactivity, like watching TV, for long periods at a time.
- ❖ Choose to walk, wheel or cycle for short trips.
- ❖ Start with a 10-minute walk and gradually increase the time.
- ❖ Do the activities you are doing now, more often.

Choose activities that fit with your lifestyle and that you enjoy. Decide what is right for you. The more activity you do with family or friends, the more fun you may have.





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## *Turning plans into action*

Use the following chart to plan some future activities. Think about what you would like to do to be active, who you might ask to join you, what may stop you, and how you can make sure you meet your activity goals.

Remember, staying active is part of everyday life that carries with you for years and years to come.

FUN, EASY ACTIVITIES THAT FIT INTO MY EVERY DAY LIFE....	FRIENDS I CAN ENJOY THEM WITH....	SOME BARRIERS THAT MIGHT MAKE IT HARD TO ENJOY MY FAVOURITE ACTIVITIES....	HOW CAN I TAKE CHARGE AND FLY ABOVE THE BARRIERS....
<i>e.g. walk around building at break</i>	<i>co-workers</i>	<i>our schedules</i>	<i>Set a break time in advance</i>

*Note: Activity that is too vigorous can make it hard to get pregnant, especially for women with low body fat. This rare problem is usually short lived and less activity can help. This is not the time to aim for peak physical fitness or train for an athletic event.*

### FOR HELP CLOSE TO HOME CONTACT:

Parks and Recreation Department:

YMCA/YWCA and private Fitness Centres:

Local walking paths or trails:

Canadian Physical Activity Guidelines, <http://www.phac-aspc.gc.ca/pau-uap/paguide/>

Active Ontario, [www.active2010.ca](http://www.active2010.ca)