

Day Twenty-One: May 21, 2020

PHYSICAL ACTIVITY RESOURCE GUIDE

No gym? No park? No problem!

Physical activity plays an essential role in maintaining our physical health and mental well-being – especially given the uncertain times we currently live in.

Despite being limited in our ability to visit our favourite hiking trail, local pool or nearby basketball court, the best way to stay happy and healthy right now is to incorporate at least a bit of movement into every single day.

To help you and your family stay active and healthy, we've rounded up some of our best resources and some others from awesome organizations who also promote active living and are making their resources available online.

Family Fun



Being active together is a great way to build and nurture family bonds, which are essential for kids' social and emotional development. Research shows that parents have a direct influence on their kids' physical activity levels. In fact, the more parents move, the more their kids move, which is more important now than ever.

Movement for Health



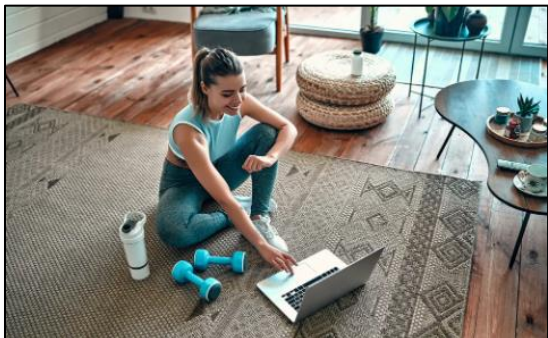
Research shows that physically active people are more satisfied with their lives and that exercise itself is strongly linked to happiness.

To be happier, it's important we focus on what we can directly and immediately influence.

Moving more and sitting less is proven to boost your mood and improve your energy - two game-changers when it comes to promoting mental health.



Active at Home Fit Breaks



Fitting physical activity into your daily routine can help break up the day and give you a much-needed pick-me-up.

Regular activity breaks increase blood flow to your brain, resulting in better focus and attention.

But it can also help you enjoy work more and manage stress. What's not to love about that?

Heart-Pumping Workouts



Adults should aim for at least 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week. This heart-pumping activity will cause you to sweat and to breathe harder or be out of breath and has so many amazing benefits.

Check out the roundup of the best free resources and links to stay active and healthy here:

<https://www.participation.com/en-ca/blog/sleep-expert-how-physical-activity-can-improve-your-sleep-and-overall-health>

DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!