



## **Physical Activity Fact Sheet**

Because we are trying to raise awareness of the benefits and enjoyment of physical activity, it will likely be helpful for you to have some of the latest information to pass on. Here is some information and recommended websites that may help inform you and others.

### **WHY PHYSICAL ACTIVITY?**

The benefits of physical activity are well documented. Physical Activity plays a key role in improving mental, social and physical health. In addition, it results in a higher quality of life for all ages by encouraging a culture that is active, healthy and prosperous. Active and healthy children and youth are healthy learners who achieve better academic results. These students have greater levels of concentration, relaxation and focus. Physical activity curbs undesirable social behaviors. A more physically active population significantly reduces health care costs. Regular physical activity reduces the risk of obesity, heart disease, Type 2 Diabetes, colon cancer, back pain, hypertension, osteoporosis, anxiety, depression and stress.

New Brunswick is committed to the target set by Ministers of Government responsible for Sport, Recreation and Fitness to increase physical activity by 10 percentage points by 2010. For New Brunswick, this means increasing activity levels from 37% to 47%. To be successful we need to tackle these challenges together: government, communities, volunteers, and the private sector (businesses, citizens etc...)

### **Physical Activity Resources**

In New Brunswick **Healthy NB en santé** can be found at [www.gnb.ca](http://www.gnb.ca) keyword "wellness". There you will find information and links related to the 4 pillars of the New Brunswick's Wellness Strategy: Healthy Eating, Mental Fitness, Tobacco Reduction and Physical Activity.

### **Some Canadian Sources for Information related to Physical Activity & Health:**

#### **Health Canada - The Physical Activity Unit**

Has the lead within the Public Health Agency of Canada for delivering on the federal government's role in physical activity. The work of the Unit is based on a partnership approach that tries to offer something for everyone.

[www.phac-aspc.gc.ca/pau-uap/fitness/](http://www.phac-aspc.gc.ca/pau-uap/fitness/)

- Find information here on

[Physical Activity Guides](#)

[Active Living at Work](#)

[Stairway to Health](#)

[SummerActive](#)

[WinterActive](#)

[Active Transportation](#)

and more...

**Canadian Fitness and Lifestyle Research Institute (CFLRI)** conducts annual surveys on behalf of federal, provincial and territorial governments. They publish data annually on physical activity levels in Canada. [www.cflri.ca](http://www.cflri.ca)

**Canadian Health Network (CHN)** mission is to support Canadians in making informed choices about their health, by providing access to multiple sources of credible and practical e-health information. [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

**The Canadian Institute for Health Information (CIHI)** is one of Canada's premiere sources of high quality, reliable and timely health information. [www.cihi.ca](http://www.cihi.ca)

**Coalition for Active Living (CAL)** is a national action group of more than 80 organizations that focus on health promotion and disease prevention through physical activity. Their goal is to ensure that the environments where Canadians live, learn, commute, work and play support regular physical activity. [www.activeliving.ca](http://www.activeliving.ca)

**Go for Green** is a national non-profit, charitable organization encouraging Canadians to pursue healthy, outdoor physical activities while being good environmental citizens. [www.goforgreen.ca](http://www.goforgreen.ca)

**Canadian Association for the Advancement of Women & Girls in Sport & Physical Activity (CAAWS)** Goal is to ensure that girls and women have access to a complete range of opportunities and choices and have equity as participants and leaders in sport and physical activity. CAAWS is an advocate for equity for girls and women in sport and physical activity, and promotes the values of equity, inclusiveness, fairness, and respect. [www.caaws.ca](http://www.caaws.ca)

There are many more...