

WELLNESS WEDNESDAYS

PHYSICAL HEALTH

Did you know that according to Statistics Canada 16% of Adults report not getting the recommended 150 minutes of physical activity to promote optimal physical health?

THE BENEFITS OF MOVING

Apart from being as healthy as you can be, staying active for 2.5 hours each week can promote your energy levels, ensure you get more sleep, help you stay focused, Lower your stress and anxiety, better your mood and increase your memory!



THE POSSIBLE STUGGLES

You may not seem like you can fit 2.5 hours into your already tight schedule, you may feel alone in your journey, you may have a lifestyle that being active seems like its an unreachable goal, you have injuries that prevent you from working out.

TIPS ON SUCCEEDING

- Make time each week for yourself to workout.
- Stick to your workout routine times
- Ask a friend to workout with you
- Start with small goals and work your way up
- Listen to your body, break when you need to, but keep going!



RESOURCES- WEBSITES

There are countless websites to use to learn about, reach and maintain your fitness goals. To name a few are, click to view website.

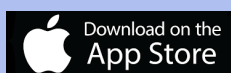


GUIDES- APPS

ParticipACTION



Sweat- Fitness App for Women



Home Workout- No Equipment



Lose Weight- App for Men



Freeletics: Fitness Workouts



7-Minute Workout

