

Make it your turn, your time

- Build physical activity into your social time.
- Make friends with active people.
- Plan physical activity for times when you are not tired; before work, at lunch hour or immediately after work.
- Take your breaks; walk to buy your coffee.
- Plan fun activities for the weekends.
- Make a commitment to regularly walk, hike or bike with a friend.
- Leave your TV off until 9 p.m.
- Share meal preparation; everyone takes a turn.
- Plan daily down time to renew yourself.
- Reserve your time on the family calendar.

Become physically active

- Choose activities that improve endurance, balance, strength and flexibility. Try walking, swimming, gardening, yoga, tai chi or whatever gets you moving!
- Get active with a friend and wear appropriate gear for safety and fun!
- An active woman is a great role model for her family.

ADD IT UP...

- Add up your activities.
- Start slowly and build up. Listen to your body.
- A little is good, but more is even better.
- Every bit counts. Aim for 10 minutes at a time and then add it up.
- Accumulate 30 to 60 minutes of moderate activity most days of the week.



For more information, contact the Injury Prevention Health Promoter at the Haldimand-Norfolk Health Unit.



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POPULATION HEALTH TEAM

My Turn... My Time



My turn, my time

If you're like most women, you put your family's needs before your own. Often women don't make time for physical activity.

Did you know that two thirds of women age 55 and over are not physically active? This inactivity leads to a higher risk of falls and injuries.

Regular physical activity NOW keeps your bones and muscles healthy and strong to prevent future falls.



Give yourself the best gift:
time for yourself,
time to be physically active.

ARE YOU...

Interested in being physically active?

- Great – because physical activity helps you look and feel younger. Risks of injury and disease are also reduced.

Unable to make time for physical activity most days of the week?

- Women do too much work! Make time by giving your family the opportunity to be more independent.

Too tired to be physically active daily?

- Any amount of physical activity can help you feel renewed and refreshed.

Too young to worry about falls?

- Women 45 and over are at increased risk of falls due to loss of muscle strength and balance.

Unsure about what physical activity is right for you?

- Talk to your doctor before you start.
- Consult your public health unit or local recreation facility.

Always putting your family's needs before your own?

- Taking "your turn" will give you more energy to enjoy your family.

THE BENEFITS OF BEING PHYSICALLY ACTIVE...

In addition to relieving stress, maintaining weight, improving self-esteem, better physical and mental health and continued independent living, being active reduces the risk of heart disease, falls and injuries, high blood pressure, osteoporosis and some cancers.

In 2000, Cancer Care Ontario reviewed scientific evidence about physical activity and cancer prevention. The research revealed a probable role for physical activity in reducing the risk of breast cancer and recommends at least 30-45 minutes of moderate to vigorous physical activity on most days of the week.



Benefits include; stronger muscles and bones, better posture and balance, feeling more energetic.