

Physical Activity Improves Health



Good health is important to us—for ourselves, for our family members and friends.

However, 63% of Canadians aren't physically active enough to maintain or improve their health.

New research shows that being moderately active for a total of 30-60 minutes a day reduces the risk of heart disease, obesity, high blood pressure, stroke and depression.

For more information on how to build physical activity into your life, get your free copy of *Canada's Physical Activity Guide to Healthy Active Living* or the *Guide for Older Adults* by calling **1-888-334-9769** or visit **www.paguide.com** on the Internet.

Householder Material for Members of Parliament

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