

Healthy Active Living

A GUIDE FOR PATIENTS

Increasing physical activity and reducing body fat around the waist decreases the risk of hypertension, diabetes, heart disease, stroke and kidney failure. For example, increased activity of more than 2.5 hours of walking per week reduces the risk of heart disease by 40%. The benefit was seen for all ages, in different ethnic groups and regardless of whether a person was normal or overweight.

Diet

1. Eat a healthy breakfast
2. Eat 5 or more servings of fruit and vegetables per day
3. Choose whole grain products
4. Choose low fat or reduced fat alternatives at home and when eating out
5. Reduce boxes, cups or cans of fruit juice or pop to no more than 1 per day.
6. Choose water when thirsty

Recommended activity level

- Children and youth 30-90 minutes per day
- Adults 30 minutes per day

Tips to increase activity level

Children and Youth

- **increase** the amount of time currently spent being physically active by at least 30 minutes more per day
- **decrease** the time spent watching TV, playing computer games and surfing the Internet by at least 30 minutes less per day

Adults

- Create a new morning exercise routine with 10 minutes of exercise
- Park the car 10 minutes walking distance from work or shopping area
- Go for a bike ride
- Do a physical activity routine in front of the TV

Expected yearly weight loss with additional activity

			kg	lb
Weight 50 kg: (110 lb)	moderate walk	(30 min/day)	5	11
	brisk walk	(30 min/day)	6.2	14
Weight 70 kg: (155 lb)	moderate walk	(30 min/day)	7	16
	brisk walk	(30 min/day)	8.75	20

Resources

[BC HealthGuide OnLine](http://www.bchealthguide.org) has a world of health information just a click away, through the award-winning Healthwise Knowledgebase®. Over 2500 detailed symptom and condition-based topics are available, including topic overviews, check your symptoms, when to see a doctor, home treatments, and tips and tools for healthy living. Information specific to B.C. is also available, including the BC HealthFiles. Web site: <http://www.bchealthguide.org>

[Chronic Disease Self-Management Program](#)

A patient education program offered in communities throughout British Columbia that teaches practical skills in managing chronic health problems.

Toll-free in B.C.: 1 866-902-3767

[Canadian Health Network](http://www.Canadian-health-network.ca)

Canadian Health Network is Canada's national health information network. Start your search here for health information developed by leading Canadian health organizations and international health information providers. Web site: <http://www.Canadian-health-network.ca>

Government-listed Health-Related Internet Resources

This page provides links to other health-related Internet sites. These information resources have been selected by the Health and Human Services Library to serve the information needs of government staff and stakeholders.

Diet and Nutrition

Dial-A-Dietitian is a free nutrition information line for B.C. residents. It specializes in easy-to-use nutrition information for self-care, based on current scientific sources. Dietitians provide brief nutrition consultation by phone. This is an excellent source of information about special diets for people with chronic illnesses, such as diabetes and cardiovascular atherosclerotic disease.

Toll-free in B.C.: 1 800 667-3438

Greater Vancouver: 604 732-9191

Exercise

Canada's Physical Activity Web site: www.paguide.com

Health Canada's online guide is designed to help you make wise choices about physical activity that will improve your health, help prevent disease, and allow you to get the most out of life. If you think your congestive heart failure might prevent you from becoming more active, check out the Physical Activity Readiness Questionnaire.

Call 1 888 334-9769 for a free activity guide.