

# New Physical Activity Guide Aims to Improve Health of Canadians



Although more Canadians are physically active today than anytime over the past two decades, two-thirds still remain inactive and at serious health risk as a result.

To help inactive Canadians improve their health, Health Canada is distributing *Canada's Physical Activity Guide to Healthy Active Living*. A *Special Guide for Older Adults* is also now available.

Designed to compliment the widely used *Canada's Food Guide to Healthy Eating*, the new *Guide* provides clear and concise guidelines on how to achieve better health by making physical activity an important part of daily living.

To obtain your free copy of the **Canada's Physical Activity Guide to Healthy Active Living** or the **Guide for Older Adults** call Health Canada toll free at **1-888-334-9769** or visit the Guide Web site at **[www.paguide.com](http://www.paguide.com)**.