

# *Would you take this medication?*



## **BENEFITS** include:

- better health
- better self-esteem
- weight control
- more energy
- reduced stress

## **SIDE EFFECTS** Reduced risk of:

- heart disease
- obesity
- high blood pressure
- adult-onset diabetes
- osteoporosis

Please turn page



*Regular physical activity improves health!*


Take 3-6  
10 Minute Bouts  
of Physical  
Activity Daily  
Start Slowly...  
and Build Up.


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** by calling 1-888-334-9769 or visit the website [www.paguide.com](http://www.paguide.com). Or talk to your family doctor.

**Getting active about inactivity!**

The College of Family Physicians of Canada's "Physical Activity Strategy"

 Health Canada
  Santé Canada

CANADA'S  **Physical Activity Guide**  
to Healthy Active Living

 Canadian Society for Exercise Physiology