

# Physical Activity

Physical activity contributes to an overall sense of well being and quality of life. Participating regularly in physical activity improves fitness levels, sleep and productivity; increases energy; reduces the effects of stress, the risk of heart disease and so much more!



## MAKE A COMMITMENT TO:

- Be active for yourself and your family.
- Try different activities until you find the ones that feel right for you.
- Get into a routine—make it social by getting someone to join you.
- Limit your screen time.
- Set physical activity goals with your family and friends, make a plan, pick a time and a place, every step counts!

### Did you know...

- Infants should be active several times during the day through interactive floor-based play that develops movement skills.
- Habits formed early can last a lifetime.
- Children and youth should accumulate 60 minutes of moderate to vigorous physical activity daily.
- Movement plays an important role in the healthy development of children.
- Adults should accumulate 150 minutes of moderate to vigorous physical activity weekly.

[www.gnb.ca/wellness](http://www.gnb.ca/wellness)