**Get Active! An Adult Guide to Physical Activity and Recreation**

Physical Activity is vital to a healthy lifestyle. Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives.  More physical activity provides greater health benefits and can lead to improved fitness, strength and mental health (morale and self–esteem).

Research indicates that children and adults can learn physical skills readily. In fact, many individuals have outstanding athletic skills when given full access to specific adapted programs.

**Being active for at least 150 minutes per week can help reduce the risk of:**

* Premature death
* Heart disease
* Stroke
* High blood pressure
* Certain types of cancer
* Type 2 diabetes
* Osteoporosis
* Overweight and obesity

**Getting Started**

Finding the motivation to stay physically active can be a challenge. Start by choosing an activity you like to do, such as; walking, swimming, tandem cycling, lawn bowling, curling, skiing, bowling, skating or Goalball.

**Tips to help you get active**

* Find an activity you like such as swimming or cycling.
* Minutes count — increase your activity level 10 minutes at a time. Every little bit helps.
* Active time can be social time — look for group activities or classes in your community, or get your family or friends to be active with you.
* Walk wherever and whenever you can.
* Take the stairs instead of the elevator, when possible.

**Easy everyday activities for getting fit:**

* Walk every day.
* Walk instead of taking a taxi, bus or the subway.
* Take the stairs instead of the escalator or elevator.
* Clean your house. Changing beds, dusting, washing floors, and cleaning bathrooms is great exercise.
* Work in your garden.
* Exercise with a partner or friend.
* Practice the routes you’ve learned from your [Orientation and Mobility](http://balancefba.org/services/oandm.html) instructor.
* Dance at home to music.
* Play actively with your children.
* Walk the halls in your apartment building.
* Learn simple routes in your neighborhood and travel them a couple times each day.

**Find out more about how you can Get Active!**

**Canadian Blind Sports**

Phone: 1-877-604-0480

Email: [info@canadianblinsports.ca](mailto:info@canadianblinsports.ca)