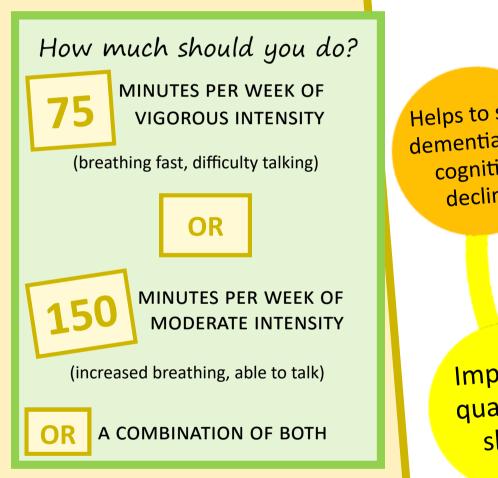# ACTIVE BODY HEALTHY MIND

Did you know?

Keeping your body active also helps your mental health?
Finding activities that you enjoy not only benefits your physical health and fitness, but also your overall well-being.

How much should you do?

75 MINUTES PER WEEK OF VIGOROUS INTENSITY

(breathing fast, difficulty talking)

OR

150 MINUTES PER WEEK OF MODERATE INTENSITY

(increased breathing, able to talk)

OR A COMBINATION OF BOTH

Staying active

- Reduces stress
- Improves mood
- Helps self-esteem
- Helps reduce depression
- Improves quality of sleep
- Helps to slow dementia and cognitive decline

Remember!

Any physical activity is better than none.
Start small and build up gradually. We all have to start somewhere!

Public Health Unit