

GET PHYSICAL!

Lifestyle choices have an even greater impact on your health than genetics. Exercise is one of the cornerstones of a healthy lifestyle, along with diet, sleep, and stress reduction. Regular physical activity is crucial for maintaining health, no matter what your age.

REGULAR EXERCISE WILL HELP YOU

- Build muscle strength and tone
- Improve your coordination
- Increase your metabolism
- Stay trim
- Preserve heart health
- Keep your bones strong
- Avoid injuries as you age
- Reduce your risk of developing many cancers
- Lower your blood pressure

According to Health Canada's *Physical Activity Guide to Healthy Active Living*, you need at least 60 minutes of accumulated exercise every day. A balanced exercise program includes cardiovascular activity (walking, jogging, swimming or sports), resistance training (weight lifting) and stretching (including yoga and pilates).

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