

Better with Age

Move more today for a healthier tomorrow

We tend to talk (a lot) about getting our children and youth more active. Do they get enough physical education at school? Are they spending too much time on screens? But what about the grown ups? The good news is ParticipACTION has done the research! The bad news is the results of that research. Not surprising, adults aren't moving enough either. Check out the full report to learn more, and to learn what to do about it.

74% of adults living in Canada indicate that they have strong intentions to be physically active within the next 6 months



52% of adults 18 to 79 years living in Canada take at least 7,500 steps per day, which falls within the 'physically active lifestyle' category (Statistics Canada, 2016-2017 [Cycle 5], Canadian Health Measures Survey [CHMS]).¹

29% of adults 18 to 79 years living in Canada fall within the 'low active lifestyle' category (Statistics Canada, 2016-2017 [Cycle 5], CHMS).

18% of adults 18 to 79 years living in Canada achieve less than 5,000 steps per day, falling within the 'sedentary lifestyle' category (Statistics Canada, 2016-2017 [Cycle 5, CHMS]).¹

Being active isn't just a passing trend or fad – it's a scientifically proven method to strengthen our body, mind and social connections. Leading a physically active lifestyle will help prevent chronic disease, injury and the natural disconnect from society we can experience as we age.

Source: ParticipACTION Report Card on Physical Activity for Adults

To learn more visit <https://www.participaction.com>