

Introducing

“Spending a Million Minutes engaged in Physical Activity”



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Physical Inactivity: A Serious Health Issue

- 56 % of Canadians not active enough to achieve optimal health benefits leaving them at risk for premature death, chronic disease and disability.
- Physical activity levels increased between 1981 and 1995, but stalled between 1995 and 1997. *Canadian Community Health Survey 2003*
- 2003 - Federal, provincial and territorial governments responsible for physical activity, recreation and sport recognize physical inactivity as a serious health issue and set a new national target to increase the physical activity levels of Canadians in each province/territory by 10 percentage points by 2010.

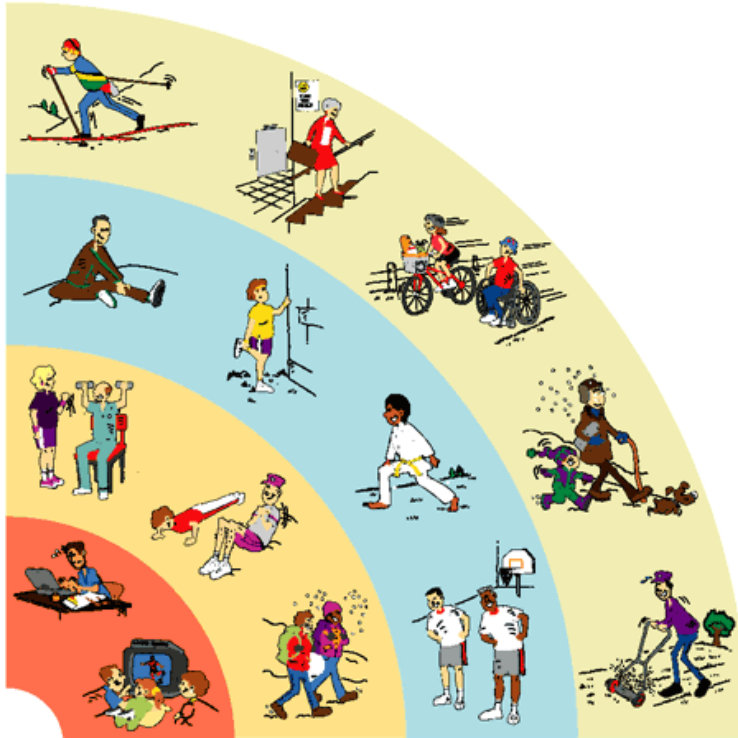
Health Risks of Physical Inactivity

- long-term activity limitations
- chronic health conditions
- high blood pressure
- adult-onset diabetes
- osteoporosis
- obesity
- stroke
- depression
- colon cancer
- premature death
- heart disease

Physical Activity Improves Health and Quality of Life

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Guide Leads the Way



Canada's Physical Activity Guide to Healthy Active Living

Produced in 1998, it is the first-ever set of national guidelines designed to help Canadians improve their health through regular physical activity.

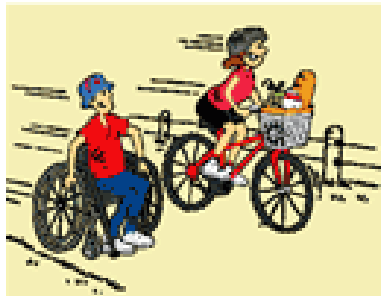
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PHAC Guide Recommends

- 30-60 minutes of physical activity
most days of the week (4x per week)
- Accumulate activities 10 minutes at a time
- A mix of activities that include endurance, flexibility, strength



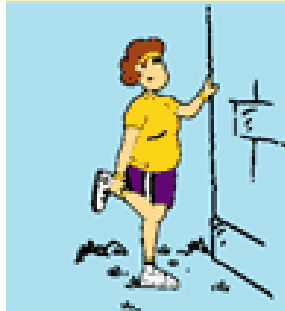
PHAC Suggests



endurance

4 - 7 DAYS A WEEK

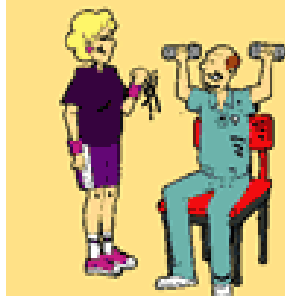
Continuous activities for your heart, lungs and circulatory system.



flexibility

4 - 7 DAYS A WEEK

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.



strength

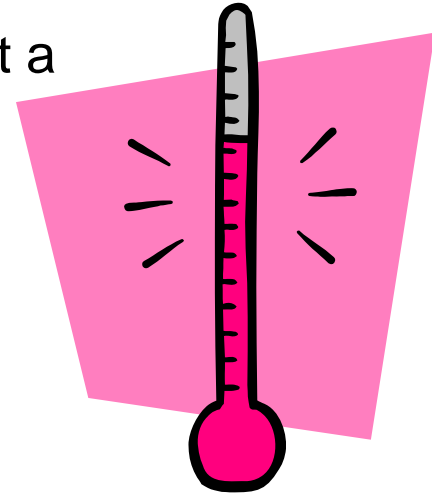
2 - 4 DAYS A WEEK

Activities against resistance to strengthen muscles and bones and improve posture.

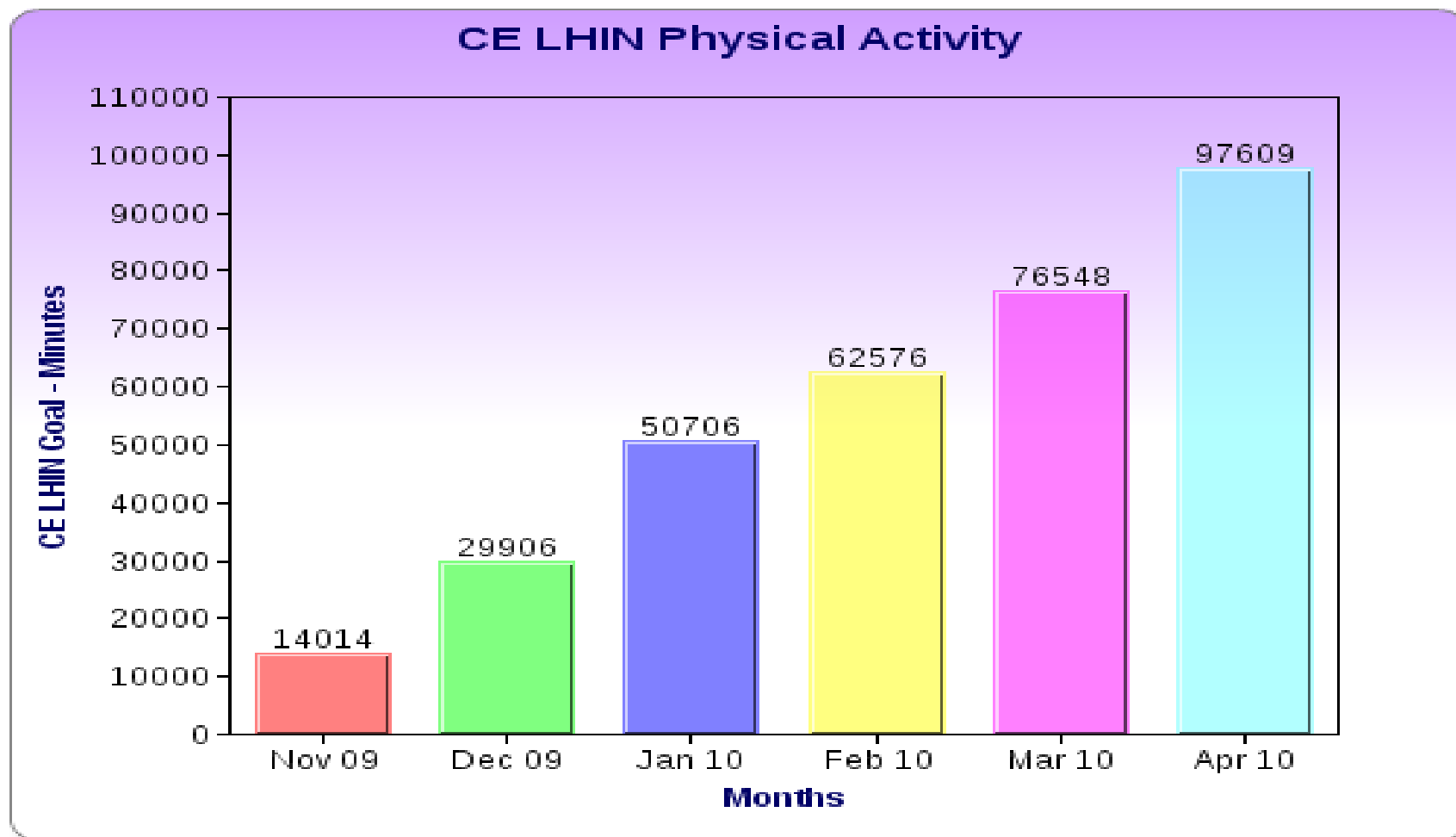
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What we're doing at the Central East LHIN

- In alignment with our 2010-2013 Integrated Health Service Plan (IHSP), the CE LHIN staff have set a goal to accumulate **1,000,000 minutes of physical activity by 2013.**
- To reach our goal, staff must build their current physical activity behaviour and meet Canada's Physical Activity Guidelines for Healthy Living!








Walking the Talk – Supporting the Strategic Aims



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Walking the Talk – Supporting the Strategic Aims

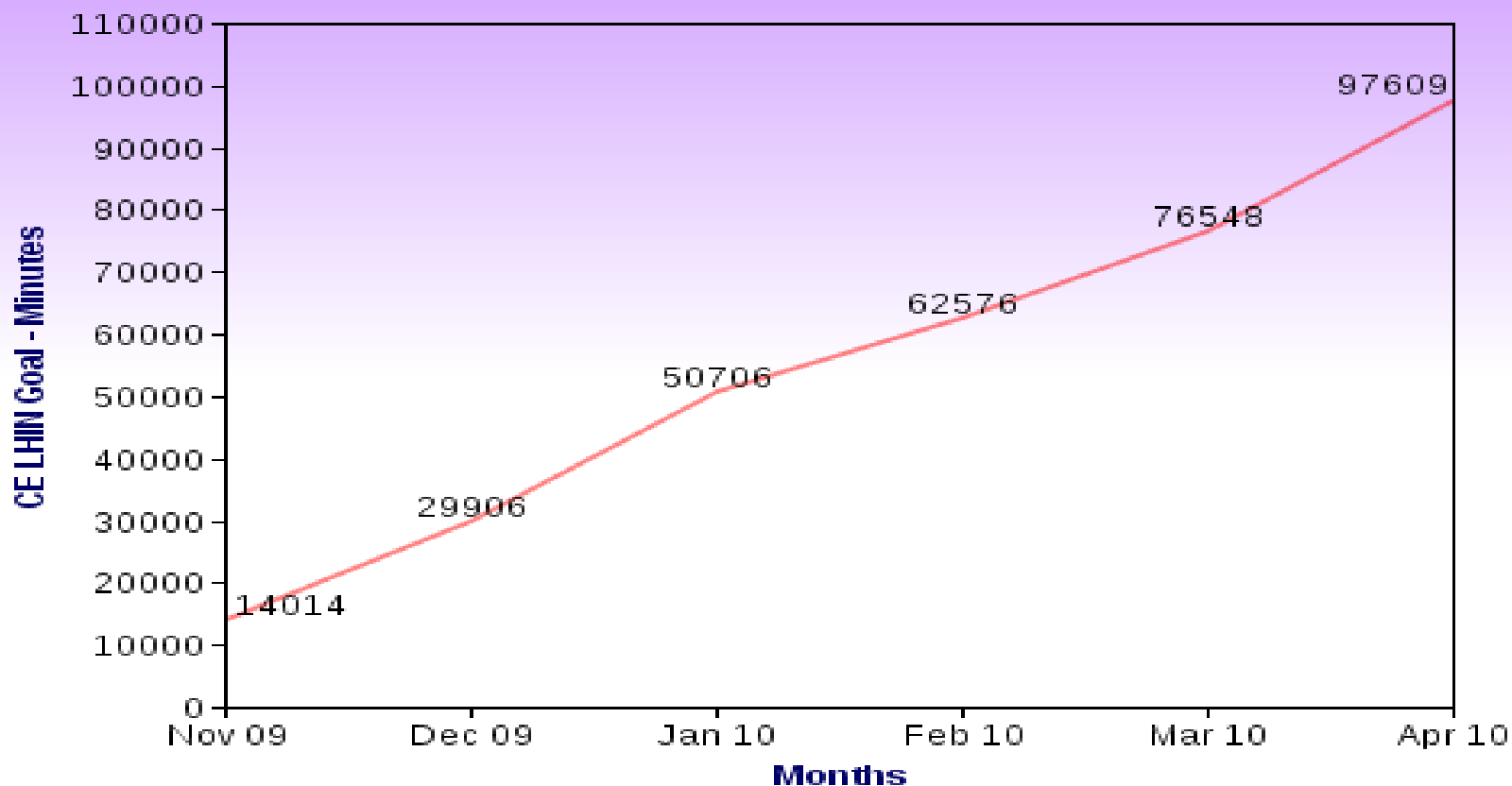
Central East LHIN – Physical Activity Report

Month	Minutes	Plus (up from previous month)	Minus (up from previous month)
November 2009	14014		
December 2009	15892	1878 	
January 2010	20840	4948 	
February 2010	11830		9010 
March 2010	13972	2142 	
April 2010	21061	5424 	
TOTAL	97609		

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Walking the Talk – Supporting the Strategic Aims

CE LHIN Physical Activity



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Why Active Living at Work?

- Absenteeism costs are in excess of 15 billion dollars a year
- 16 million adult Canadians spend half waking hours at work
- Canadians need help in making active, easy choices
- Stress related illness is on the increase
 - 65% of adults hold strong beliefs that physical activity will reduce stress
- The environments in which people live, learn, work and play have a significant impact on health
- Enabling physical activity can make a difference!

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Benefits of Active Living at Work

For employees:

- Improved fitness and health
- Improved productivity and morale
- Improved job satisfaction and team spirit
- Reduced stress and back injuries



For organizations:

- Reduced absenteeism and turnover
- Improved productivity
- Reduced stress and back injuries
- Reduced workplace injuries
- Reduced worker's compensation costs
- Reduced claims against group benefit plans

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Supportive Environments

- Encourage active transportation (e.g., walking, biking)
- Promote stair use
- Adopt the use of stretch breaks during meetings
- Provide healthy alternatives in the cafeteria
- Promote information about physical activity in newsletters, on bulletin boards or through targeted company e-mails
- Introduce flexibility into policies and scheduling



Provide the means to make Healthy Lifestyle Choices

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Our challenge to you

- Challenge yourself and your organization to **bring physical activity into your workplace!**
- Set a goal and **get buy-in** from the entire organization
- Aim to meet **Canada's Physical Activity Guidelines**
- Build **morale**, increase **job satisfaction**, and live a **healthy lifestyle!**
- **Tell us** about it and **share success stories** on our website

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Web Resources to get you started



Healthy Ontario

<http://www.healthyontario.com/fitness.aspx>

Physical Activity @ Work

BRINGING PHYSICAL ACTIVITY
INTO THE WORKDAY

Alberta Centre for Active Living

<http://www.centre4activeliving.ca/workplace/en/index.html>

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Acknowledgement:

- This presentation utilizes ***The Business Case for Active Living at Work*** which has been developed jointly by the Public Health Agency of Canada and Canadian Council for Health and Active Living at Work (CCHALW)
- <http://www.phac-aspc.gc.ca/alw-vat/index-eng.php>