

Let's Get Moving!

Am I Active?

Diabetes Canada recommends that adults should take part in at least **30 minutes of moderate to vigorous activity a day, five days a week** (150 minutes of exercise each week). Activities may include walking, dancing, bicycling, swimming, tennis, water aerobics (as well as other activities) and can be broken into smaller sessions of 10 minutes.

In addition, it is recommended adults add strength training exercises into their routine **at least 2 times per week**. This may include exercises that use weights, resistance bands or your own body to build muscle.

What are the Benefits?

- Helps manage our blood sugars
- Lowers blood pressure
- Gives us energy
- Decreases stress
- Helps to prolong independence as we age
- Slows bone loss
- Helps with weight management
- Improves cholesterol
- Improves overall health

Barriers to Being Physically Active

What activities do you enjoy doing?

Is there anything that keeps you from doing these activities?

How could you overcome these barriers?



Walking/Biking

Shopping centres in London: Contact the mall nearest you for hours

BMO Centre London: Free use of indoor track Monday, Wednesday, Friday 10 am - 1pm, from November to April

Bike and walk map of London: www.london.ca/residents/Roads-Transportation/Transportation-Choices/Pages/Bike-and-Walk-Map.aspx

Swimming

Canada Games Aquatic Centre 519-661-4455

South London Community Pool 519-661-0920

Carling Heights Optimist Community Centre 519-661-2525

Stoney Creek Community Centre 519-667-4400

YMCA locations across London www.ymcawo.ca

Weight lifting or exercise classes

City of London Spectrum 519-661-5575 or www.london.ca/spectrum

Exercise programs for seniors

Canadian Centre for Activity and Aging (dynamic balance, strength training, and more) 519-661-1603 or www.uwo.ca/ccaa/

Horton Street Seniors Centre (aquatic fitness, recreational activities) 519-434-9114 or www.bgclondon.ca

Kiwanis Seniors' Community Centre (line dancing, pickle ball, Sit to Be Fit, and more) 519-661-5575 or www.london.ca/residents/seniors/kiwanis-seniors-centre/pages/default.aspx

Victorian Order of Nurses (VON) 519-659-2273

Third Age Outreach Program (Fully Alive) 519-661-1621 or www.thirdageoutreach.ca

Huff n' Puff Seniors (bowling, walk-fit, roller skating, and more) 519-661-5854 or www.huffnpuffsa.com/

Resources

Diabetes Canada: www.diabetes.ca/diabetes-and-you/healthy-living-resources/exercise/physical-activity-diabetes

Public Health Agency of Canada: www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity.html

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