



## “EN CORPS” physical health campaign

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### **PHYSICAL EXERCISE – Advice**

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*By Valérie Guilbeault, Kinesiologist*

As part of the EN-CORPS campaign, I would like to share some tips on how to incorporate exercise into your daily life. Being sedentary – not moving and sitting still – poses the greatest risk to your health. So why not get up and stand while you listen to this video! Try raising your knees gently and then bringing your heels to your buttocks while I talk for the next three minutes. The most important thing I want to tell you is that a sedentary lifestyle negatively impacts your health. Indeed, it's equivalent to smoking a pack of cigarettes a day. No one wants to be sick. We all want to live a long and healthy life!

#### **A few minutes of exercise a day makes a big difference**

You don't need to exercise for hours on end. Taking short breaks during the day can have a positive impact and help you live a long and healthy life. I can see you still bringing your heels back to your buttocks. That's great! Keep it up! From now on, once an hour, you can set an alarm on your computer to remind you to move for a minute or two. For instance, you could walk to the farthest photocopier, use the farthest bathroom, or climb a flight of stairs if you work in an office tower. Even if you're wearing a suit or high heels, one flight of stairs is doable. As I was saying, you don't have to get sweaty. The goal is to get moving and log a few minutes of exercise throughout your day.

#### **Find an approach and schedule you can maintain over the long term**

Sometimes, coming up with the motivation to exercise is the only thing missing when it comes to adopting an exercise program. The most important question to ask yourself is: Will I be able to maintain these changes for the rest of my life? If the answer is “yes,” then great! If not, what are the best options to stay as active as possible, based on your lifestyle?

Start by doing what's necessary. Then do what is possible, and suddenly you'll be doing the impossible! Start by doing what is necessary in your everyday life, family obligations, work responsibilities, etc. How do you manage these things? Then see how you can add a few minutes of exercise here and there. Along the way, you may realize that you can fit exercise in every day and do it over the long term.

This is my gentle reminder to move as much as you can to improve your healthy life expectancy!