

Outdoor Living

Physical Activity And Active Living Go Hand In Hand

Canadians have changed a lot over the past 20 years. One example is our understanding of what it means to be "physically active." Our approach towards fitness and recreation has evolved. Our activity patterns have increased. Three gradual shifts have led to an acceptance of a broader perspective on physical activity.

1. Canadians' appreciation for physical fitness has expanded. Canadians now accept that physical activity involves the whole person: body, mind and spirit. We are also more aware of how physical activity is an integral part of daily living.

2. Canadians have shifted away from the "no pain, no gain" approach. Physical activity choices have become more personal. More people feel comfortable deciding for themselves how active they want to be and what kinds of activity they like best.

3. It is not enough to simply tell people they should be active. Active living means creating physical, social and cultural environments that help people's ability and motivation to be active. Active living embraces fitness and recreation as choices along the physical activity continuum. It supports the

understanding that the joys and benefits of movement can be realized in various community settings, such as schools, playlots, recreational and sport facilities, as well as in the home and at work. Put simply, fitness and recreation activities are central within the active living message.

Within Fitness

- Active living broadens the scope and type of activities offered through fitness programs.

- Active living expands the role and reach of the fitness practitioner. Within Parks And Recreation

- Active living recognizes the many forms that physical activity can take, from gardening to running.

With Physical Education

- Active living supports quality daily physical education and is seen as a philosophical underpinning for curricula that will benefit children, youth, their families and educators.

- Active living emphasizes the value of skills acquisition gained through intramural games and activity and supports the development of lifelong activity patterns in children and youth.

Within Sports

- Active living embraces sports as a

choice for all Canadians throughout all phases of life and supports sports as a cultural trademark.

- Active living supports the concept of school-based and community-centred sports which provide athletes and community members more choice and equal access to facilities and programs.

Important Aspects Of Active Living

- Active living is holistic. Active living encompasses the physical, mental,

social and spiritual dimensions of physical activity.

- Active living is individual. Active living encourages personal choice and promotes self-reliance.

- Active living is inclusive. Active living seeks equitable participation for all members of society regardless of age, gender, race, ethnic origin, ability, socio-economic status or level of education.

A "Run" On Jogging Safety Tips

Here are some tips on running for fitness with an extra margin of safety.

- Select the right shoes. When buying running shoes, consider investing in footwear that offers rear-foot shock absorber, a counter reinforcer for added stability, a removable insert under the heel for arch support and a lace lock for a more precise fit.

- Look for open mesh panels for breathability, a heel loop for easy on/off and a mid-sole design that provides a wide base of support to help prevent pronation.

- Select running apparel that works for you. Running wear must be measured by its quality, superior function and attractive design (or you won't wear it!). Depending on the garment type, look for waterproof/breathable fabrics, front and back vents, a detachable hood and elasticized, adjustable cuffs.

- Look for clothing and accessories customized for visibility. Even in summer, many runners are out before daylight or after dusk. Under such low-visibility conditions, it is essential that safety trim be built into shoes and apparel. Reflective material found on the best running shoes, shorts, jackets, suits, vests and tights allows joggers to be seen by motorists from a distance of up to 1,500 feet. Ideally, the reflective material should be placed so it's visible from 360 degrees and silhouettes the body. It provides oncoming traffic with early warning that you're there.



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