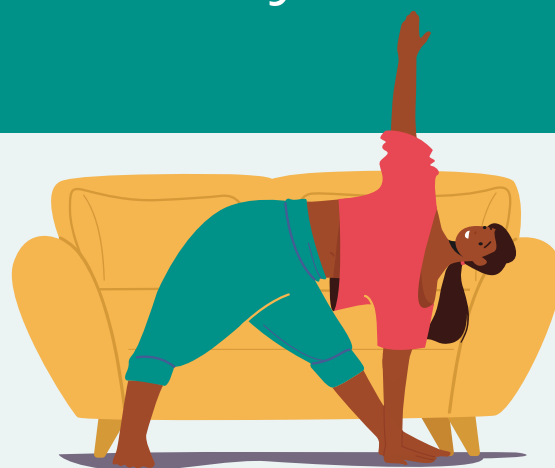


Let's Talk Physical Activity

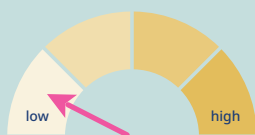
Physical activity is any kind of activity that moves our body and uses energy. Examples include cleaning the house, walking the dog, skiing, and cycling.



Regular physical activity is perhaps the **greatest health behaviour** available. Benefits include:^{1,2}



Disease risk reduction



Stress reduction



Improvements in mood



Maintaining your weight

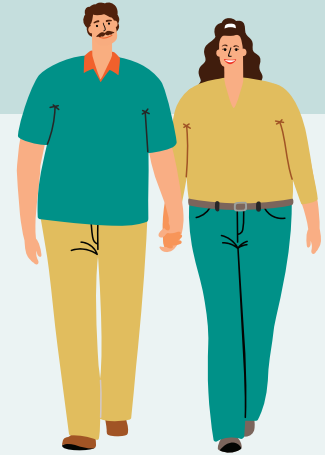


Exercise alone has generally not been found to result in significant weight loss.¹

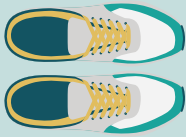
Regular physical activity is important for everyone. When we burn calories during exercise, the body conserves most of these calories in order to maintain our overall energy balance and our weight.³ This was important when food was scarce. When our ancestors went out to hunt, or had less food during winter months, they were able to do so without losing too much weight and risking starvation. Our bodies are still built this way today, even though our environment has changed significantly.



While there's no "right type" of activity/exercise for everyone, guidelines recommend 30–60 minutes of moderate to vigorous physical activity most days of the week. Start with an amount of an activity that works for you and increase when you are ready.



Brisk walking can be very beneficial for overall health.² If walking isn't right for you, then don't be afraid to try something new! The most important thing to remember is to **find activities that you enjoy** and can do long into the future.



Take breaks from being still

Add motion into your day! Stand more and move throughout the day.



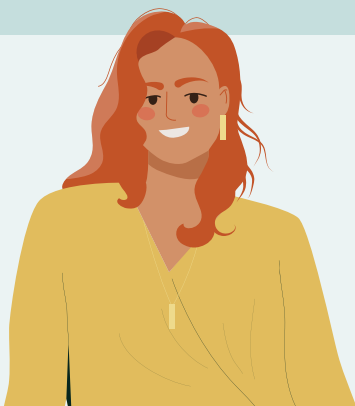
Schedule it

Being realistic about when you can exercise helps set you up for success.



All movement counts

Do whatever activity you enjoy! Even 5 to 10 minutes can add up!



Remember, physical activity and exercise are important for everyone's health and happiness but **may not be the answer to weight loss**. It can help you maintain your weight.

References: 1. Wharton S, Law DW, Vallis M, *et al.* Obesity in adults: a clinical practice guideline. *CMAJ*. 2020;192:E875-91. 2. Boulé NG, Prud'homme D. Canadian Adult Obesity Clinical Practice Guidelines: Physical Activity in Obesity Management. Available at: <https://obesitycanada.ca/guidelines/physicalactivity>. Accessed March 19, 2022. 3. Pontzer H, Yamada Y, Sagayama H, *et al.* Daily energy expenditure through the human life course. *Science*. 2021;373(6556):808-812.



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