

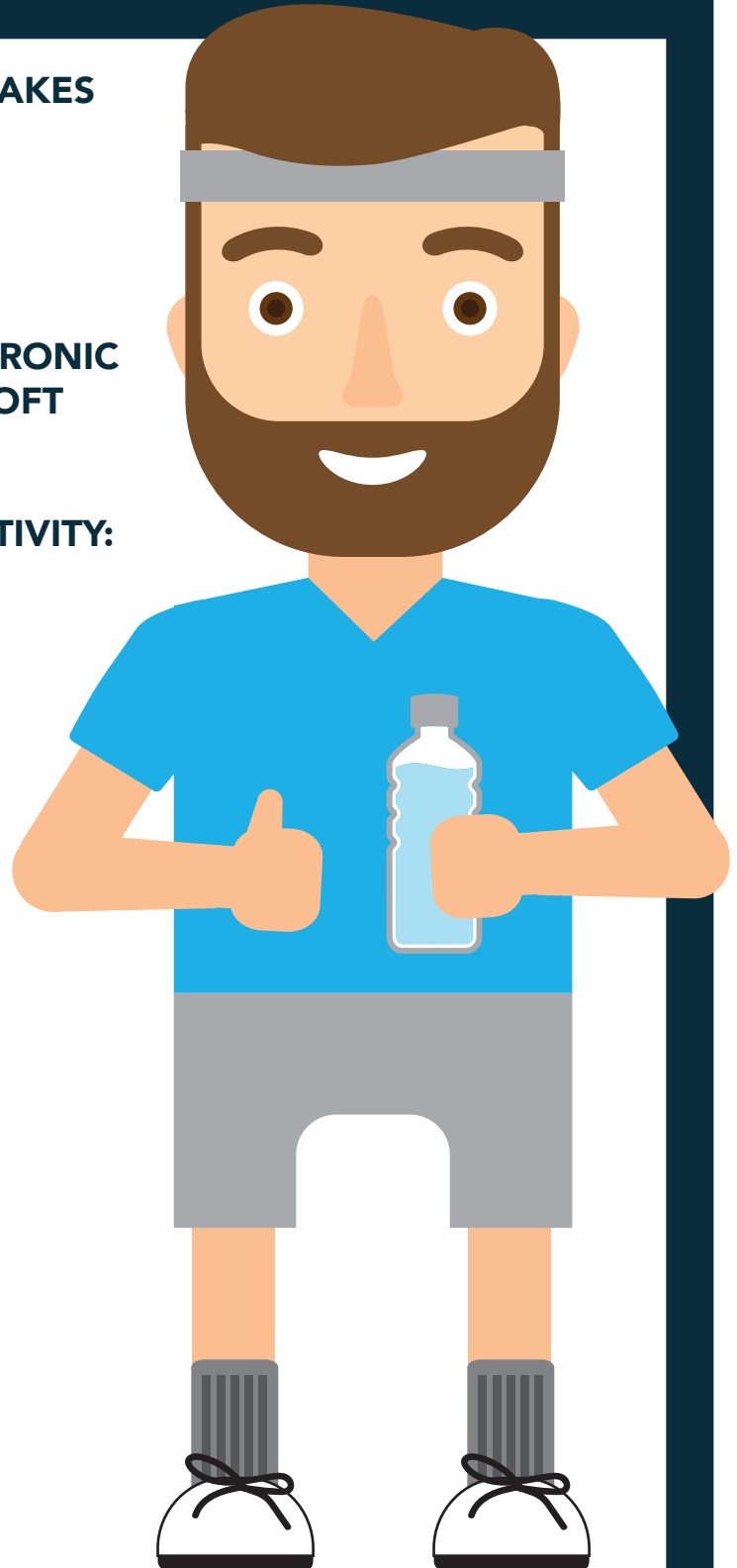
BEING ACTIVE AND FIT

GETTING REGULAR EXERCISE JUST MAKES YOUR BODY WORK BETTER.

BEING FIT HELPS INCREASE ENERGY, MAINTAIN PHYSICAL AND MENTAL FUNCTIONALITY, MAY PREVENT OR MINIMIZE COMPLICATIONS FROM CHRONIC DISEASES AND HELPS TO PREVENT SOFT TISSUE INJURIES AT WORK.

BENEFITS OF REGULAR PHYSICAL ACTIVITY:

- **STRONGER BONES, MUSCLES AND JOINTS - LOWER RISK OF INJURIES**
- **IMPROVED MENTAL FUNCTION -ALERTNESS**
- **INCREASES PRODUCTIVITY**
- **REDUCE RISK OF A HEART ATTACK**
- **MANAGE YOUR WEIGHT**
- **LOWER CHOLESTEROL LEVEL/ BLOOD PRESSURE.**
- **LOWER THE RISK OF TYPE 2 DIABETES AND SOME CANCERS.**



BC Forest Safety

Safety is good business

BEING ACTIVE AND FIT



FIT EMPLOYEES TAKE FEWER SICK DAYS, CONTRIBUTE MORE TO OVERALL PRODUCTIVITY, AND REDUCE FINANCIAL HARDSHIPS TO THE COMPANY FROM THEM HAVING TO FIND REPLACEMENT WORKERS.

WORKERS WHO ARE AT LEAST MODERATELY FIT AND MORE PHYSICALLY ACTIVE PRODUCE HIGHER QUALITY PRODUCTS AND BETTER OVERALL JOB PERFORMANCE.

IT IS RECOMMENDED THAT AN ADULT GET AT LEAST A MINIMUM OF 2.5 HOURS A WEEK OF MODERATE AEROBIC ACTIVITY OR AN HOUR A WEEK OF VIGOROUS AEROBIC ACTIVITY. ALSO STRENGTH TRAINING EXERCISES FOR ALL MAJOR MUSCLE GROUPS AT LEAST TWO TIMES A WEEK.

THERE ARE MANY BENEFITS TO EXERCISE SUCH AS:

- 1) Exercise can be fun and social. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.
- 2) Exercise promotes better sleep. Regular physical activity can help you fall asleep faster, get better sleep, and deepen your sleep. Avoid exercise close to bedtime, or you may be too energized to go to sleep.
- 3) Exercise boosts energy. Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.
- 4) Exercise improves your mood. Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates some brain chemicals that may leave you feeling happier, more relaxed, and less anxious.
- 5) Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy.

