

# Our Health Matters

Welcome to 'Our Health Matters', a new section of the Capital Health Update aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

## **Back to School, Back to Activity**

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September may be back to school for the kids but is it time for you to go 'back to school' as far as your activity is concerned? Follow the suggestions listed below to improve your activity and your health, even while at work.

- Think about your commute options. Can you walk or ride your bike to work? If you must drive, can you park 15 mins or further from your building and incorporate a brisk walk to/from your car? That's 30 mins per day you would be gaining!
- Think about your bus use. Do you need to take the shuttle for a short 5 minute walk/bike between sites? If you take public transit to/from work, can you get off the bus a few stops early to enjoy some exercise?
- Once a week or more, make your 'coffee break' a 'walk break'.
- Challenge yourself to take the stairs rather than the elevator at least once a day.
- Use a Blackberry? Schedule in your times for exercise as you would any other appointment.
- Take time over your lunch for a walk. Go your own route or join an existing walking club. Refer to the CDHA Walking Kit for more information on how to get started:  
<http://www.cdha.nshealth.ca/default.aspx?page=SubPage&centerContent.Id.0=31749&category.Categories.1=323>
- Check out the various CDHA exercise facilities/rooms for one close to you. These facilities all have extended hours, are reasonably priced and many offer lunchtime classes.

Think you're active enough? Try wearing a pedometer at work and home. Are you reaching the recommended 10 000 steps/day for good health? If not, challenge yourself to get there. Many of the suggestions above will see your numbers increase, and your health as well!