



## WHERE TO BE ACTIVE!

Find out where you can be physically active in your neighbourhood.

Call Winnipeg *in motion* at **940-3648** or visit [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca).

### When you call, ask where to find...

- Outdoor walking trails
  - Swimming pools
  - Skating rinks (indoor & outdoor)
  - YMCA - YWCAs
  - Community centres
  - Recreation centres
- ...in your neighbourhood

Call Winnipeg Community Centres at 475-5008 or visit [www.gcwcc.mb.ca](http://www.gcwcc.mb.ca).



Ask program staff or your neighbourhood settlement worker for:

- more ideas to be physically active, and about
- organizations that may help you with some of the costs of registration and equipment.

Read the **City of Winnipeg Leisure Guide**. It tells you where to find physical activity programs for you and your family. Find the guide at City of Winnipeg libraries, recreation and leisure centres, indoor pools and on the Internet at [www.leisureonline.ca](http://www.leisureonline.ca).

# Physical Activity for Newcomers

Being physically active is an important part of being healthy

For more information, call Winnipeg *in motion* at **940-3648**, or visit [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca)

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## WHAT IS PHYSICAL ACTIVITY?

Physical activity means moving your body! Be active:

- Walk
- Play
- Do yard work
- Take the stairs
- Play sports
- Exercise

When you move your body, you improve your health.

### *How physically active are you?*

Modern life is full of technology that makes our lives easier. Computers, cars, televisions and video games all change how much physical activity we do.

- How much do you walk?
- What physical activities do you do?
- How much time do you spend outside in the winter?

### *Physical Activity and School*

Children and adults who are physically active have better memory, confidence and concentration. Physical activity helps children do well in school.

## BE ACTIVE!

There are many things you can do to be physically active:

- Walk or run around your neighbourhood
- Get off the bus a few stops early and walk the rest of the way
- Play active games

There are many things you can do in Winnipeg to stay **PHYSICALLY ACTIVE** and **HEALTHY!**



*You can wear any type of clothing to be active. As long as you are comfortable and have appropriate footwear, get outside and have fun!*



## BE WINTER ACTIVE!

Try outdoor winter activities:

- Walk winter trails
- Snowshoe
- Ice skate
- Toboggan
- Build snow people & snow forts
- Or walk indoors at the mall

Physical activity helps you stay warm in the winter. Wear layers of clothes when you go outside!

It is safe for your body and lungs to be physically active in most cold weather.

You may find that your cheeks get slightly red (“rosy”) or that your breathing is different. This is normal in the cold; just keep your body moving!

## PHYSICAL ACTIVITY FOR THE MIND, BODY AND HEART

There are a lot of important reasons to be physically active:

- Build stronger bones & muscles
- Develop stronger lungs & heart
- Have more energy
- Find it easier to move your body
- Make new friends
- Practise language skills
- Learn about Canadian culture
- Improve thinking & memory skills
- Feel better about yourself & your body
- Spend time with your family & your neighbours

