



Physical Activity for the Whole Family

Children and youth should get at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Adults, including seniors, should accumulate at least 150 minutes of moderate to vigorous physical activity per week. This doesn't mean that you have to go to the gym 6 days a week or training for a marathon. There are many different ways you can move more.

Summer is the time to take your indoor workout routine outside – or to try something entirely new! Even if you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction – start now and slowly to figure out what form of exercise is right for you and increase your physical activity to meet the recommended levels.

For parents, how they move as a family directly impacts their kids. Family life can be busy, especially now more than ever. It's tough to navigate life while still finding the opportunities to come together as a family without simply sitting in front of the TV. Finding family time for physical activity is achievable, but it starts with a commitment to make family active time a priority.

This month's theme will provide information on the benefits of getting you and your family moving and tips and ideas on how you can do it!

Listen to Wendy Suzuki's TED Talk called "The brain changing benefits of exercise" [here](#).

Check out more resources below:

- [Tips to Get Physically Active](#)
- [How to Start Working Out After a Long Break](#)
- [Making Fitness Fun](#)
- [Find a Walking or Hiking Trail Near You](#)
- [Support Healthy Movement Behaviours in Kids](#)
- [Active Family Pledge](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play