



Get Stepping, Get Healthy

Walking is one of the simplest ways people can start down a path toward better health. According to the Heart and Stroke Foundation, adults should get at least 150 minutes of moderate aerobic activity each week. This doesn't mean you need to spend hours a day walking. Going for 10-minute walks multiple times a week can help you reach your health goals.

Consistent exercise is believed to keep your brain healthy and stave off illnesses such as dementia. Additional benefits include:

- A lower risk for heart disease, diabetes, stroke, and cancers
- Better mood and lower risk of depression
- Lower cholesterol and blood sugar

Access the **Get Stepping, Get Healthy** article through the *Health & Wellness Centre** Health Library, for tips to begin your exercise journey for better health.

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.