



**NATIONAL
HEALTH & FITNESS
DAY** **JUNE 4**

#LetsMoveCanada



Did you know that the first Saturday of June is considered National Health & Fitness Day and became a law December, 2014?

Bill S-211:

An Act to establish a national day to promote health and fitness for all Canadians

(1)

Why?

"Canada is facing an inactivity crisis!

Daily physical activity is on the decline and preventable illness is on the rise. It's time to get up, get out, and get active!

National Health and Fitness Day (NHFD) is an initiative to challenge Canada to become the Fittest Nation on Earth, starting with making one day, the first Saturday in June, the day when Canadians get out and get active in any way they wish.

With the passage of the National Health and Fitness Day Act in 2014, Canada gained a Day to celebrate."⁽²⁾

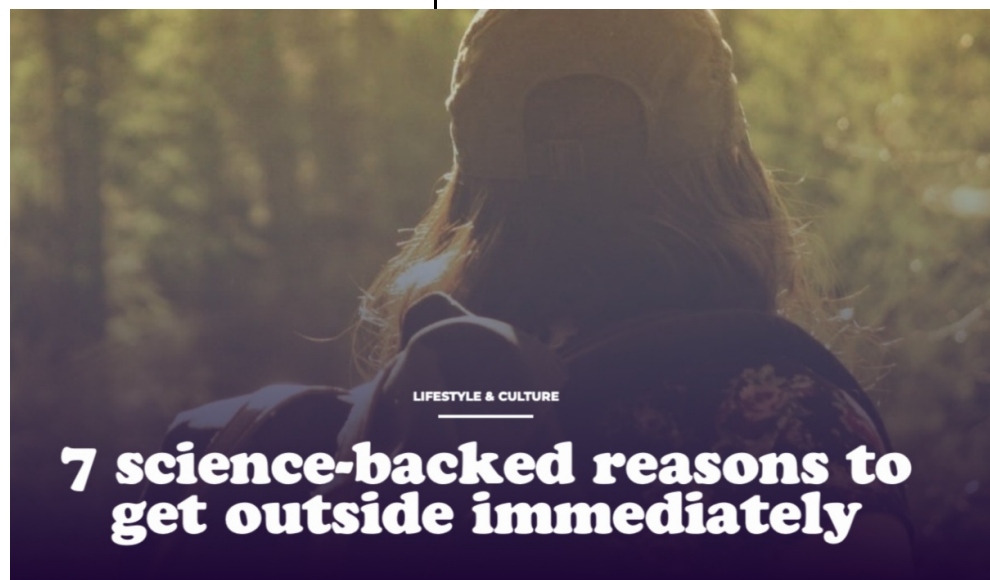
While June 4th has come and gone, the spirit of the Act is important to follow all year round...

"get up, get out, and get active!"

Why is Physical Activity Important?

- It helps in the **prevention** of several types of cancer: breast, colon, endometrial, kidney, bladder, esophageal and stomach⁽³⁾
- It can **reduce**: blood pressure, heart attacks, cardiovascular disease, systemic inflammation, fat around organs, depression and anxiety, osteoporosis, osteoarthritis, dementia and Alzheimer disease⁽³⁾
- It can **decrease**: psychological stress and falls⁽³⁾
- It can **improve**: diabetes and metabolic syndrome, mood, sleep and physical functioning⁽³⁾
- It can help **maintain**: muscle and bone mass⁽³⁾

[Click here to find out the 7 reasons to get active, OUTDOORS!](#)



How much activity should we aim for?

Well, let's make your whole day matter!

For health benefits, adults aged 18–64 years should be physically active each day, minimize sedentary time, and achieve sufficient sleep ⁽⁴⁾



Move more



Reduce sedentary time



Sleep well

Move More

Add movement throughout your day, including a variety of types and intensities of physical activity:

- At least 150 minutes of moderate to vigorous physical activity per week
- Muscle strengthening activities at least twice a week
- Several hours of light physical activity, including standing



Reduce Sedentary Time

Limit sedentary time to 8 hours or less:

- No more than 3 hours of recreational screen time per day
- Break up long periods of sitting as often as possible



Sleep Well

Set yourself up for 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times



What a better way to get active as a group!

It was a sea of red at McMichael Art Gallery grounds on June 5th in support of The Manulife Heart & Stroke Foundation Ride for Heart!

It was an amazing day to raise awareness for heart disease and stroke. Our team gathered to walk 6 km (we exceeded our goal of 5 km) on the grounds of McMichael Art Gallery and we couldn't be prouder!



We had over 40 participants and to date we have raised close to \$6000 with Manulife matching our donation, raising our fundraising efforts to \$12,000.

I organized this event for all my family members who suffer from heart disease and stroke and for those who have succumbed. We can make a difference!

Be sure to join and participate in a cause that is special to you this summer! Not only will you get out and get active, but will help others while doing so.



Thank you to our sponsors Alessia Inserra (far left), The Cooling Rack Desserts, Filomena Vernace-Inserra, Dietitian, Inner Health Nutrition, Silvana Taffo, Fitness Specialist (centre), Taf Force Fitness, Cindy Meghory (2nd from Right), Arbonne Representative, & Taylor Taffo, Fitness Specialist, Taf Force Fitness (not pictured).





Thank you to one of our sponsors, Danny Furgiuele, from 9 Round Bolton!



Your Event Organizers & Sponsors: Filomena Vernace-Inserra, Taylor Taffo, & Silvana Taffo

Did you know that Canada has a Report Card on Physical Activity for Adults?



Here is a glimpse of some of the 2021 results...



Sedentary Behaviours (SB)



24-Hour Movement Behaviours



Perceived Capability



Perceived Opportunity



Light Physical Activity (LPA)



Total Daily Steps



Moderate-to-Vigorous Physical Activity (MVPA)



Muscle Strengthening Activities

"Beyond the grades and evidence, this year's Report Card examines the impact of the COVID-19 pandemic and highlights many of the challenges and opportunities it has brought about in the physical activity space."⁽⁵⁾

Click [here](#) to learn and read more about Participations Report Card on Physical Activity for Adults

Recipes to Fuel You

By Cookspiration—click on the image to view the recipe



**Red Lentil & Chia Porridge
with Toasted Almonds and
Goji Berries**



**Zesty Bean Dip and
Chips**



**Blueberry Oatmeal
Lentil Muffins**



**No Bake Toasted Oat
Granola Bars**



**Ginger Granola &
Pineapple Cottage
Cheese**



**Butternut Squash,
Spinach and Feta Frittata**



**Nutty and Fruity
Quinoa Salad with
Maple Vinaigrette**



**Curry Chickpea Pasta
Salad**



**Veggie, Beef and Pasta
Bake**

References:

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Inner Health Nutrition Consulting | 8333 Weston Rd, Suite 405, Woodbridge ON, Woodbridge,
L4L 8E2 Canada

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