

Lets get moving!



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Get active your way ...

build physical activity
into your daily life...

at home

at school

at work

at play

on the way

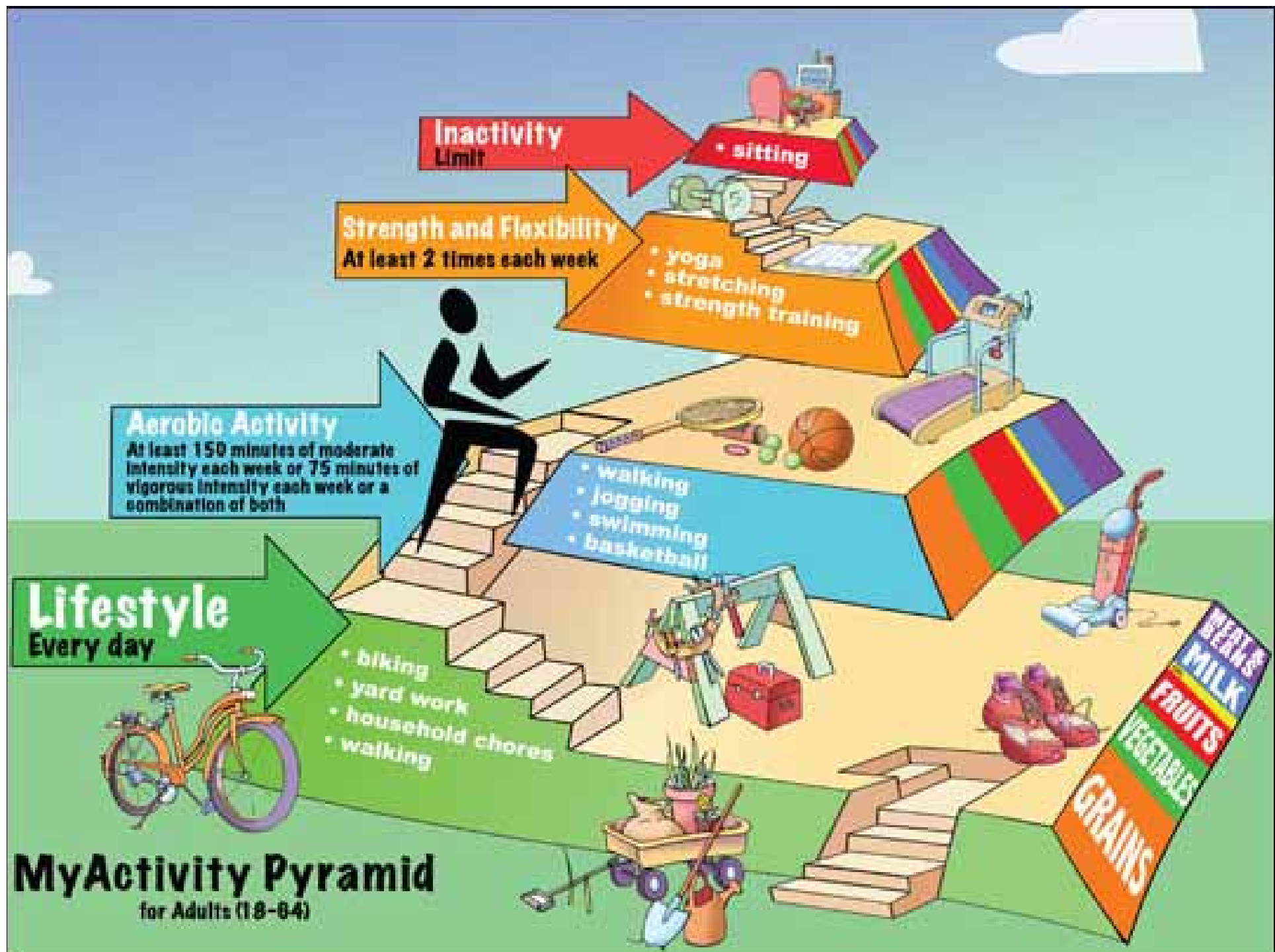


.... that's active living !



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Adult Benefits of Regular Activity

- IMPROVE QUALITY OF LIFE
- Improve fitness and body functioning
- Improve mental health - endorphins
- Seniors functional independence
- Just 15 minutes of daily physical activity increases your life expectancy by 14 percent, or three years, over your sedentary counterparts (Lancet).

Physical activity and chronic disease

- Regular physical activity decreases risk of developing and helps to manage:
 - Dementia
 - Hypertension
 - Diabetes
 - Heart disease and stroke
 - Breast and bowel cancer
 - Muscle problems
 - Osteoporosis
 - Depression and anxiety
 - Falls among seniors



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Reverse Aging Process

- Body set up for gradual decay
- Physical activity triggers lower brain and body reactions
 - “spring time” - food is plenty, body functions well, regenerates, fit, happy, optimistic, energetic
 - “fall time” – food is scarce, fat stores, body slows down
 - Brain recognizes which phase you are in by level of physical activity
 - Modern lifestyle is sedentary so brain gets signal that you are in “fall” but food is plentiful so major health problems develop
 - Can create “spring time” through regular physical activity
 - Increase in muscle activity causes tears in muscle fibres (decay) – releases Cytokines 6 which triggers C10 which triggers growth (“Younger Next Year”: by Chris Crowley and Henry S. Lodge)

Children

- 60 minutes per day
- Improves:
 - Mental health
 - Growth and development
 - Learning
 - Acquiring physical skills – flexibility, coordinating, strength, confidence



We need to do more...

In Lanark, Leeds, Grenville

- Adults
 - 32% reported being active
 - 27% reported moderately active
 - 41% reported being inactive
- More inactive as we age
 - 39% age 20 – 34 years
 - 43% age 35 to 44 years
 - 44% age 45 to 64 years
 - 48% age 65 + years

We need to do more...

In Lanark, Leeds, Grenville

- Children/Teens self-report (60 minutes/day)
 - 32% elementary school
 - 24% high school
 - Boys 34% and girls 19%

National Data – Measured daily moderate to vigorous activity

- 7% Children 5 to 11
- 4% Teens 12 to 17
- 40% at least three days

Active Transportation

- **About people** – how can we help people move actively around our community?
- Easy way to incorporate physical activity into active living
- Conscious decision to be active and to be environmentally conscious





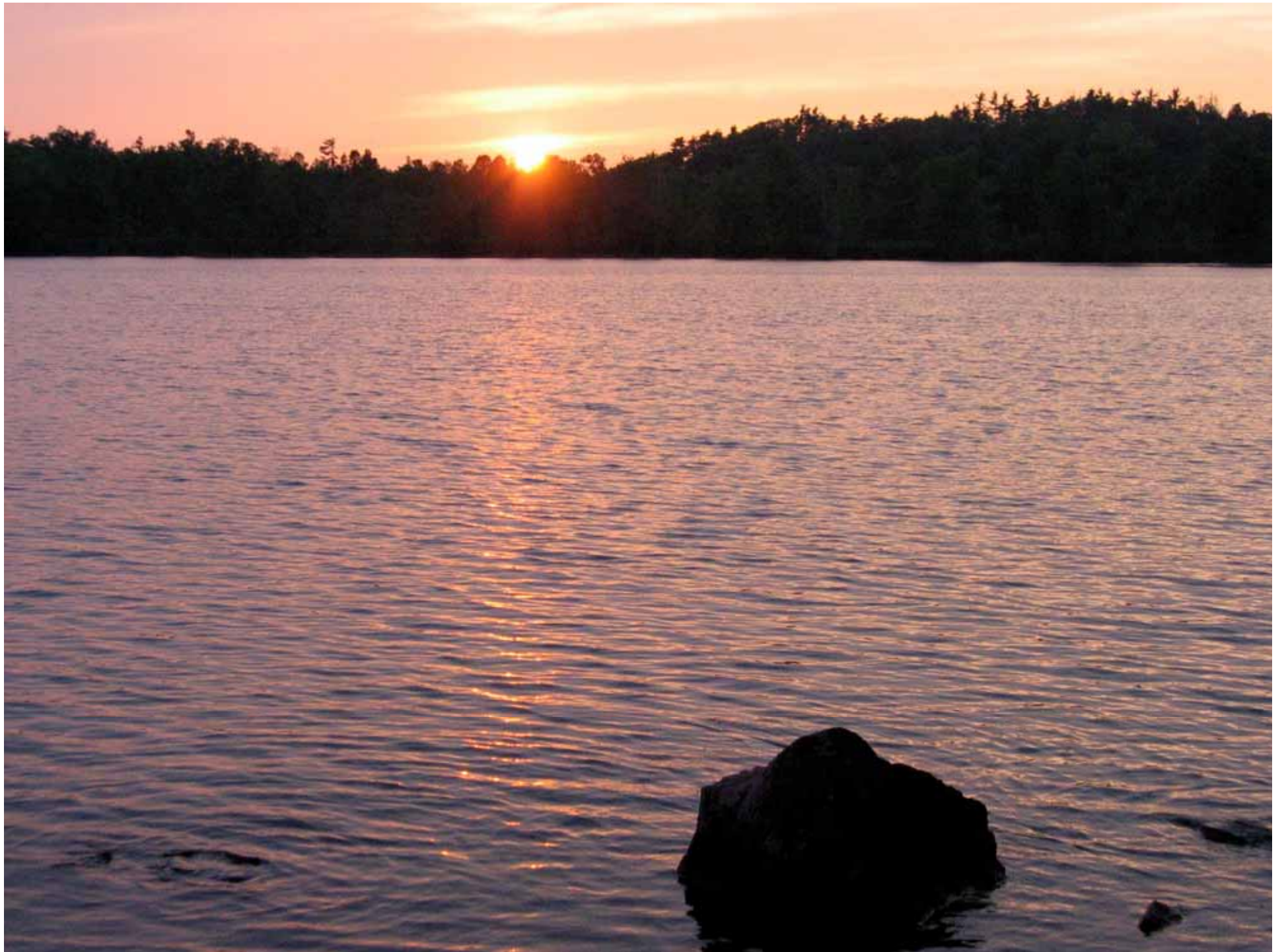




Active Transportation and Nature

- Enhances mental well-being
- Decreases anxiety and depression
- Calming effect on the brain from continual stimulation from human-made noise around us
- Awe factor

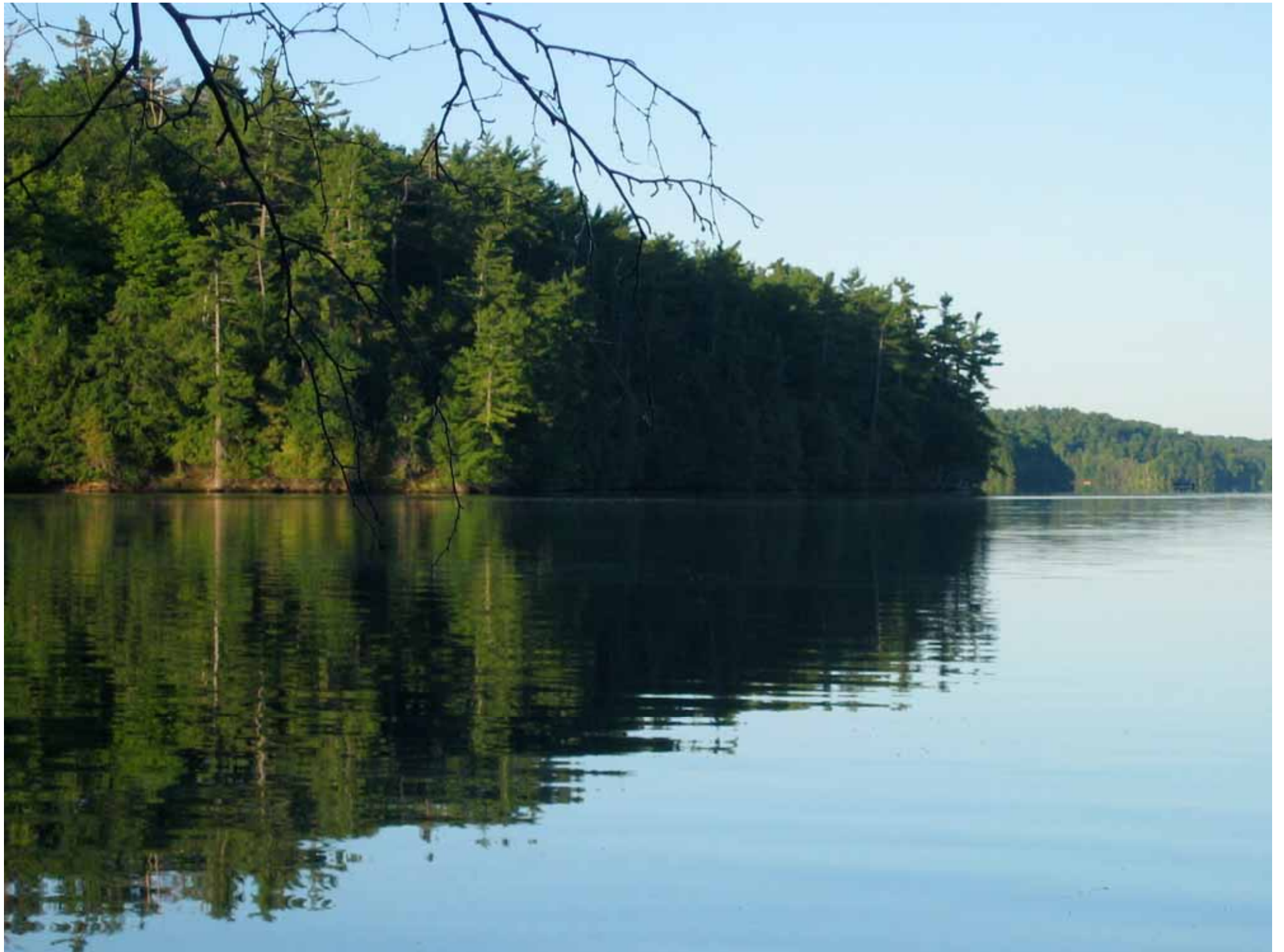




Being in Nature

Affects the pre-frontal cortex - executive function of the brain (thinking)

- manages impulses, sensory integration, organization
- prefrontal cortex evolved in nature
 - stress, then relaxation in trees, by water
 - nature is soothing, triggers relaxation
- Quiet in nature frees brain to do other things – problem-solve, creativity, focus, concentration, learning, play



But...

Modern life is often divorced from nature

- always on the alert from abrupt sounds and loud noises
- prefrontal cortex is preoccupied with noise so has less control over impulses
- leads to excessive eating, drinking, buying etc.

Being in Nature

- Affects the “sense” parts of the brain – hearing, touch, sight, smell, taste
 - Senses enhanced
 - Increased awareness of body in space and time
 - Feeling of being connected to habitat – part of something bigger, simply exist, non-judgmental
 - Feel rhythm of habitat and sense own rhythms
 - Wonder



Being in Nature

Affects the limbic system (emotions)

- decreases arousal caused by stress which causes muscle tension, fast pulse, high blood pressure
- Brain likes fractals, calming – same geometry at every scale
- Less aggression and anger



Being in Nature

Trees/plants release aerosols

- Great boreal forest – releases prostaglandins which decreases blood pressure, enhances immune system
- Pine forest - releases pineen – affects neuropathways, like anesthetic , Attention Deficit Disorder improves
- Endorphins – natural high



Clinical benefits

- Less anxiety and depression
- Lowers blood pressure and pulse rate
- Better immune function, less infection
- Pediatricians prescribing nature for ADD
- Part of mental illness recovery
- Animal therapy

SO LET'S GET MOVING!

AND LETS GET OUT IN NATURE!

THANK YOU!



Return to Active Transportation of 100 years ago!

