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Reduce the amount of time being sedentary. Move more and break up sedentary time. Sedentary behavior is defined as time spent sitting or lying with low energy expenditure, while awake in the context of occupational, educational, home and community settings, and travel. Higher amounts of sedentary behavior can increase the risk of heart disease, type 2 diabetes and some cancers.

Replace sedentary behavior with more physical activity of any intensity (including light intensity). It is possible to avoid sedentary behaviour and be physically active while sitting or lying, through, for example, upper body led activities, inclusive and/or wheelchair-specific sport and activities. Try seated stretches for those with limited mobility; using active forms of transport; standing while working (within your abilities and environment), and other accessible active options to replace sedentary time.

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Choose activities that are easy to start with, and that you enjoy. Always exercise within your abilities. If mobility is difficult, adapted cycling, swimming and chair-based exercises may be better alternatives. Exercise with friends and family or join a group class to improve your motivation levels and engage in social activities. Try exercising both indoors and outdoors and see which you prefer! Most importantly: **some physical activity is better than none.**

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Obesity Canada has a clinic locator tool that you can use to find services and programs that can help you live a healthier lifestyle. <https://obesitycanada.ca/resources/>

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Being obese can cause joint problems and immobility. Choose daily exercises that are low impact, minimize the risk of injury and increase your compliance and activity levels. Ask for advice on or a demonstration of exercise equipment or facilities to help you maximize the health benefits.

Start with shorter sessions (e.g. 10–15 minutes) and slowly build up to the recommended level. Aim to get slightly out of breath, but exercise sensibly and stop the activity if you feel unwell.

Always wear comfortable clothing and shoes that give good support and don't rub or cause discomfort to prevent sores or infection. Take frequent breaks if necessary and drink water before, during and after exercise.

Ensure you exercise safely during all exercises and ask for assistance and supervision if you are unsure about any exercises.

Choose environments that you can access freely and safely. Choose routes with resting places. Please ask your healthcare provider or local leisure organizations for advice on the best option for you.

Please ask your healthcare provider for information on adaptation or modification for exercises within your abilities.

