

Big Brothers Big Sisters of Yorkton & Area

Fitness Friday

April 23, 2021



Don't forget about the **50 Day Fitness Challenge** happening now. Head on over to the Facebook Group for full info and to join: <https://www.facebook.com/groups/bbbs50dayfitnesschallenge/>. All participants will be entered in a draw for an opportunity to win some awesome **prizes**. Challenge ends May 27, but entries accepted until May 31.

Did someone
say prizes???

 **Staples**

\$40 Staples Gift Card

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From a Global News Report:

“With lockdown measures, stay-at-home orders, curfews and the closure of fitness facilities, the COVID-19 pandemic has drastically restricted people’s movement. Physical activity and exercise have multiple known health benefits, from weight loss, to improving cardiovascular health, to reducing stress. It is also effective for the prevention and treatment of heart diseases, diabetes and certain cancers. A U.S. study published last week in the British Journal of Sports Medicine found that COVID-19 patients who were consistently inactive — exercising 10 minutes or less per week — during the two years preceding the pandemic were more likely to be hospitalized, require intensive care and die than those who were consistently physically active for at least 150 minutes per week. **Other than advanced age and a history of organ transplant, physical inactivity was the strongest risk factor for severe COVID-19 outcomes,** the research concluded. In Canada, like elsewhere, 150 minutes per week, or 30 minutes on five days of the week, of aerobic exercise, like walking or riding a bicycle at a moderate to vigorous intensity, is recommended, according to guidelines from the Canadian Society for Exercise Physiology (CSEP). “



**Dancing is great
exercise!**

Remember: As with any workout, see a physician before beginning an exercise program. Each of us are built differently. Not all of these exercises are appropriate for everyone. Always train and exercise safely and within your individual ability.

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