

## Why is exercise important during the COVID-19 pandemic?

Regular exercise is essential for everyone under normal circumstances. However, here are a few reasons why exercise is especially crucial during the COVID-19 pandemic:

- **Exercise boosts the immune system:** Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.
- **Exercise may prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
- **Exercise reduces stress and anxiety:** Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
- **Exercise improves sleep:** There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night's sleep has also been found to boost your immune system.

**Exercise may be especially beneficial for older adults and people with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise can improve balance, flexibility,**

**Snowshoeing, It's great winter exercise!** Looking for a way to stay in shape even when the snow falls, snowshoeing is an excellent low-impact aerobic exercise. It lets you extend your hiking and running season and lets you enjoy solitude in areas that might be crowded in summer.



Curious about the walking pole workout? Urban poling (also known as Nordic walking)—think cross-country skiing without the skis—has toning, calorie-burning and posture benefits that have made it popular in Europe for decades and a new workout favourite in Canada. Just grab your poles and go—no need for a pricey spandex outfit or a fancy gym membership!

**POLES and SNOWSHOES ARE AVAILABLE TO BORROW AT THE MUNICIPAL OFFICE  
ANY TIME DURING OFFICE HOURS (Mon-Fri : 9am to 12pm & 1pm to 4:30pm)**

**IF YOU HAVE ANY QUESTIONS PLEASE CALL 705-287-2424**

**Please observe COVID-19 protocols when attending the office and when out exercising.**

**Stay Safe and Stay Healthy!**