

Joint Position Statement

JOINT CFPC/CNA POSITION STATEMENT ON PHYSICAL ACTIVITY

The Canadian Nurses Association and The College of Family Physicians of Canada recognize the compelling scientific evidence that physical activity improves health and quality of life, as well as significantly reducing the risk of chronic disease, disability and premature death. We support the recommendation of Canada's Physical Activity Guide that Canadians get started towards accumulating 30-60 minutes of activity on most days by building physical activity into daily life.

March 2007

References:

Health Canada and Canadian Society for Exercise Physiology. (1998). *Canada's physical activity guide to healthy living*. Ottawa: Author.

Health Canada and Canadian Society for Exercise Physiology. (1998). *Handbook for Canada's physical activity guide to healthy living*. Ottawa: Author.

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To order your free copy of Canada's Physical Activity Guide, call 1-888-334-9769 or visit www.paguide.com.



www.cna-aiic.ca



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