



Physiotherapists:  
The Body Specialists

# Physio Tips

INACTIVITY

Physiotherapy Association of BC

## INACTIVITY IN YOUTH AND ADULTS

Physiotherapists recognize inactivity as a growing and reversible problem. One-third of youth and adults in Canada have one or more chronic health conditions such as arthritis, diabetes, cancer and heart disease.

- Obesity is also noteworthy in this context. Some 23% of Canadian adults are clinically obese and 59% overweight.
- Among youth, obesity rates are rising at an even more alarming rate.
- Inactivity is a factor in each of these conditions and physiotherapists are determined to help.

Level of physical activity is, by and large, a modifiable risk factor that can directly improve chronic health outcomes and create a healthier society. Physiotherapists are primary health professionals that are ready, willing and able to address physical inactivity with prescribed therapeutic exercise regimens for people across the health care continuum.

Physiotherapists encourage all Canadians to take a personal inventory. The first step toward better health is recognizing the problem. Examples of common problems that can contribute to physical inactivity include:

- Pain following injury or as the result of a chronic health condition
- Restricted mobility or range of motion resulting from an injury or a chronic health condition
- Muscle weakness or decreased endurance limiting daily activities or sport
- Overall deteriorating functional capacity
- If any one of these examples describes your physical state, your physiotherapist can help.

Physiotherapists prescribe therapeutic exercises. Even though you may have been inactive for a long time due to injury or illness, therapeutic exercises prescribed by a physiotherapist can help to:

- Improve muscle performance and mobility
- Improve oxygen uptake
- Improve strength and functional activity levels that lead to a faster return to work
- Improve cardiac function and quality of life

Put your best foot forward. There's no time like the present to get started on the path to better health by integrating exercise into your daily activities.

Achieving a healthy lifestyle is not a singular event, rather it is life long process of incremental steps which includes good nutrition, a positive work/life balance, and regular exercise.

Physiotherapists know that a step goal that builds up to 10,000 steps a day (approximately 1.5 hours) can help you significantly decrease blood pressure and body mass index.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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