

Improving the physical activity levels of Canadians

20%

Canadians at risk for developing chronic diseases such as **diabetes** and **cardiovascular disease**



48%

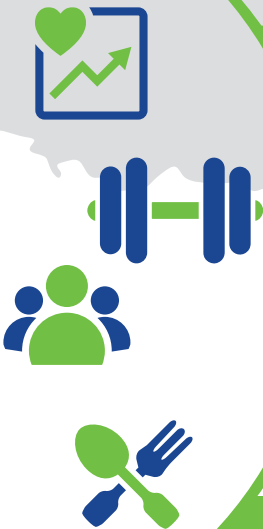
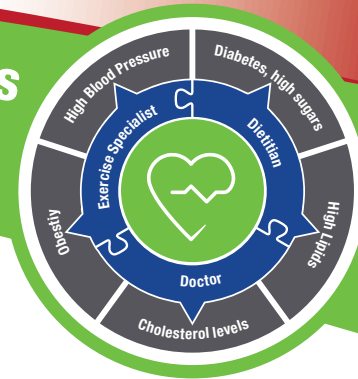
Canadians aged 12 or older did the equivalent of **less than a half hour** of walking per day



52.6% of Peel region residents are inactive ref 1

CHANGE improves physical activity levels and reduces risk of chronic disease

Scaling up of the CHANGE Program in Ontario will help...



Provide access to exercise specialists who are trained to develop exercise plans to reduce risk of diabetes, heart disease

Improve the physical activity levels of Ontarians

Inform and motivate participants to make long-term changes in their physical activity levels

Reduce the barriers to physical activity