



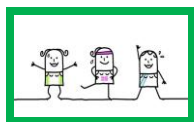
Get Moving: Being active makes you feel good

Being active can do wonders for your mental health and well-being. Aside from being a whole lot of fun, being active improves your mood, helps to decrease depression and anxiety, increases positive self-esteem and improves sleeping patterns. Regular exercise also:

- ≈ **Decreases stress.** Exercise releases endorphins that improve your mood and increase your tolerance to pain. It also helps increase your blood flow, strength and ability to cope with stress.
- ≈ **Improves mental and physical flexibility.** Stretching exercises can help decrease headaches and back pain which in turn creates a more positive outlook.
- ≈ **Create connections.** Exercise is a great way to spend time with your family and friends, meet new people, explore new interests and get involved in your community.

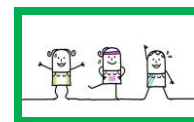
Here are some tips to help you get started:

- ≈ **Motivate yourself.** Think about what motivates you to be physically active. Identify what stops you from being active and brainstorm ways to address these issues.
- ≈ **Get organized.** Make a plan and write it down.
- ≈ **Set goals.** Make goals using the SMART principles (Specific, Measurable, Achievable, Realistic, Time-Bound)
- ≈ **Ask for help.** Talk to your health care professional about activities that are right for you. Ask family and friends for support.
- ≈ **Start small.** Pick one thing that you can do today and get started! You don't have to change the world in one day, small efforts add up over time and those daily successes will keep you motivated to continue.



For more information or for available programs & services in your area contact:

Mental Health Help Line 1-877-303-2642
Addiction Help Line: 1-866-332-2322
HEALTHLINK Alberta 1-866-408-5465



If **you** don't
talk to me about
tobacco...

I could start
using it by my
10th
birthday.



It's never too early... The best thing you can do is talk to your child about not using tobacco.

When to bring it up... Plan to talk about tobacco many times throughout your child's developing years. Some of the best times to talk might be: when you are in the car, during meals, before bedtime, or during a walk. Listen to what your child has to say about using tobacco. Ask about the pressures they may be facing or how tobacco use is portrayed in the movies and on television. Talk about what they could do if they were offered tobacco. Let your child know that they can tell you what is really happening and that you can help. If you find out your child is using tobacco, don't panic. You are not alone, we can help.

Call AlbertaQuits at 1-866-710-QUIT or visit albertaquits.ca

Know what matters to your child... Talk to your child about how using tobacco could affect things that are important to them. Use the list below to make your conversation personal.

Looking attractive: ~~People who use tobacco have yellow teeth, more wrinkles, & bad breath.~~

- ≈ **Grades in school:** Young people who use tobacco have lower grades in school.
- ≈ **Playing sports:** People who use tobacco have trouble breathing and slower reflexes.
- ≈ **Being healthy:** Young people who use tobacco have more health problems.
- ≈ **Making own decisions:** Tobacco companies go after young people to get them addicted.

Looking attractive: People who use tobacco have yellow teeth, more wrinkles, & bad breath.

Keep talking! The pressures on a child to try tobacco continue from youth to adulthood. Your first