

Social Benefits of Physical Activity

We often hear about physical and mental health benefits of physical activity, but did you know there are also social benefits? Some of them can be challenging to experience while we are staying distant during COVID-19, but there are some ways we can still foster these connections.



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Role models: Seeing other people being active can encourage us to be active, and can show us what is possible.

COVID-19 TIP: We can be inspired by witnessing others' activity in a park or in our neighbourhood.

Expand your network: Physical activities can be an opportunity to meet new people.

COVID-19 TIP: Saying hello to a neighbour you pass on your walk could add a new person to your network over time.

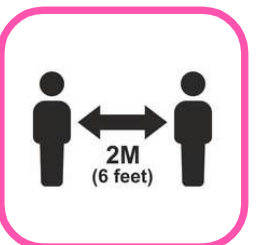


Participating with others: Physical activity provides a meaningful way to engage with other people.

COVID-19 TIP: While it isn't the same as face-to-face, online programs can help us participate together while staying safe.

Connection, inclusion, and belonging: Spending time together in physical activity can be an opportunity to build closer relationships and feel connected.

COVID-19 TIP: Being active with others in our bubble can be a chance to spend quality time together.



Supporting each other: We can support each other to be physically active, and when other concerns come up.

COVID-19 TIP: Taking a walk with someone outdoors—even if you need to stay 2 meters apart—helps both of you be active, and is a chance to talk and share.