



Health Nexus Weekly Bulletin

In this issue:

- Physical Activity and Child Development during the Pandemic.
- Physical Activity and Pregnancy during the Pandemic.

PHYSICAL ACTIVITY AND DEVELOPMENT DURING THE PANDEMIC



Physical activity plays a big role in physical development and health, but did you know there are many other benefits of physical activity on emotional, social, and cognitive levels too?

Physical activity indoors and outdoors is critical to promote child health and development.

Sedentary behaviour and inactivity increase the odds for a child to develop chronic illnesses such as heart disease, type-2 diabetes, and some forms of cancer, along with mental health problems.

For most children, excessive screen time is the main cause of sedentary behaviour. This includes TV, computers, video games, tablets, and smartphones. It makes no difference if children are viewing educational content or playing learning games, it is still screen time, and it still counts as sedentary behaviour.

During the pandemic, many families may struggle to support adequate physical activity levels of their children.

If you are a service provider or a parent, please access the Best Start by Health Nexus resource called ["Have a Ball Together"](#) for the information and tools you need to be able to promote and encourage physical activity for children 0-6. The website contains facts, videos, and activities dedicated to physical literacy and active play indoors and outdoors.

For Canadian 24-hour Movement Guideline, please visit this webpage: <https://csepguidelines.ca>

PHYSICAL ACTIVITY AND PREGNANCY DURING THE PANDEMIC



While the pandemic poses limitations to access programs and services for the prenatal population, physical activity should still be promoted to ensure healthy pregnancy and birth.

According to the [Canadian Society for Exercise Physiology](#), "physical activity is now seen as a critical part of a healthy pregnancy", and if introduced according to the evidence-based approach, it can "reduce the risk of pregnancy-related illnesses such as depression by at least 25%, and the risk of developing gestational diabetes, high blood pressure and preeclampsia by 40%."

To access the 2019 Canadian Guideline for Physical Activity throughout Pregnancy, please visit the Canadian Society for Exercise Physiology at <https://csepguidelines.ca/guidelines-for-pregnancy/>.

Prenatal educators and service providers can also listen to the Best Start by Health Nexus webinar on "Active Living During Pregnancy: What Do I Tell My Pregnant

Client?" available here: <https://resources.beststart.org/product/w14e-active-living-during-pregnancy-webinar/>

Visit [our resources page](#) to discover all our many evidence-based, up-to-date resources!



We have moved! Our new location is:

Nous avons déménagé ! Notre nouvelle adresse :

WeWork

c/o Health Nexus

240 Richmond Street W

Toronto, ON M5V 1V6

Tel. (416) 408-2249

1-800-397-9567

Fax: (416) 408-2122

beststart@healthnexus.ca

[Unsubscribe from this list](#)