Healthy behaviours - promoting physical activity and healthy eating
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Promoting Physical Activity and Healthy Weights

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Population health, health equity, public health

CMA POLICY

HEALTHY BEHAVIOURS – PROMOTING PHYSICAL ACTIVITY AND HEALTHY EATING

Introduction

The Canadian Medical Association (CMA) supports the promotion of healthy behaviours to
prevent and improve health, reduce the risk of chronic diseases, and improve quality of life for
Canadians. This includes healthy eating, regular physical activity, and healthy weight. Healthy
behaviours are important for promoting physical activity, healthy eating, and healthy weights.

Evidence suggests that healthy behaviours are associated with improved health outcomes,
including reduced risk of chronic diseases such as diabetes, heart disease, and some cancers.

The CMA encourages individuals to adopt healthy habits in their daily lives, including
regular physical activity, maintaining a healthy weight, and consuming a nutritious diet.

Conclusion

Healthy behaviours are essential for maintaining good health and preventing chronic
diseases. Promoting healthy habits is a priority for the CMA, and we encourage individuals
to make lifestyle choices that support their overall well-being.

Documents