Healthy behaviours - promoting physical activity and healthy eating
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Introduction
The Canadian Medical Association (CMA), in support of the promotion of healthy behaviour, believes that physical activity and healthy eating play an important role in improving health and well-being. The CMA has long advocated for policies that support healthy eating and physical activity, recognizing that these behaviours have significant health benefits and that they are important contributors to chronic disease prevention and control.

The CMA recognizes the importance of healthy behaviours in maintaining health and preventing disease. Physical activity and healthy eating are essential components of a healthy lifestyle, and they are closely linked. Both activities are critical for maintaining a healthy weight, reducing the risk of chronic diseases, and improving overall health and well-being.

Healthy behaviours are important for overall health and well-being, and they can help to reduce the risk of developing chronic diseases such as heart disease, diabetes, and cancer. They can also improve mental health and quality of life. Physical activity, such as walking, jogging, cycling, and other forms of aerobic exercise, helps to burn calories, strengthen muscles and bones, and improve heart health. Healthy eating, on the other hand, involves consuming a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, and limiting the intake of processed foods, sugary drinks, and saturated or trans fats.

The CMA encourages individuals to adopt healthy behaviours by promoting physical activity and healthy eating. This includes advocating for policies that support these behaviours, such as increasing access to parks and recreational facilities, promoting healthy food options in schools and workplaces, and encouraging active transportation such as walking or cycling. The CMA also supports research into the health impacts of physical activity and healthy eating, and the development of evidence-based interventions to promote healthy behaviours.

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