

Be active but stay safe!



As part of the progressive return to normal life, the Québec government has authorized Quebecers to gradually resume certain outdoor recreational, sports and leisure activities, provided that physical distancing rules are followed.

As of May 20, you will once again be able to partake in a number of your favourite individual activities.

For details on all the activities that will be permitted, visit:

[Québec.ca/recovery](https://quebec.ca/recovery)

No matter how active you are, regular physical activity is essential to both your physical and mental health. It has many important and beneficial effects, so all Quebecers should be active, but stay safe!

Because being active feels good!

Regularly practising sports, leisure, physical and outdoor activities that are adapted to a person's ability benefits everyone, regardless of their physical fitness. Physical activity helps young children improve their motor skills and overall development, students improve their attention span and concentration, adults improve their ability to manage stress and increase their energy level, and seniors improve their quality of life and maintain their autonomy.

Being active enables you to maintain your cardiovascular health and boosts your metabolism in addition to strengthening your immune system. Regular physical activity also enables you to:

- increase your life expectancy
- improve your physical fitness (aerobic fitness, muscle tone, flexibility)
- adopt healthy lifestyle habits that will have a positive effect on your quality of life

Being active also contributes to better, longer-lasting sleep, especially deep sleep, the most restorative sleep stage.

Be active to better manage stress!

Practising physical activity means allowing yourself the opportunity to have a healthy mind and body. Being regularly on the move releases hormones that help you manage stress and helps to strengthen your mental health and improve your self-confidence and self-esteem.

Breathing fresh air and interacting with nature also help counteract the psychological effects of stress and anxiety, thus supporting good mental health.

Be active just for fun!

The formula is simple and proven: practising the physical activity of your choice (while respecting the guidelines issued by the public health authorities) is fun, and once you try it, you'll want to keep doing it.

So get active, whether at home or outdoors. You can walk, run, dance, play and pedal away and still respect hygiene and physical distancing measures.

Physical activity is possible for everyone. Move a little, move a lot, but get moving!

Because being active... feels REALLY good!

Follow health guidelines at all times!



When engaging in any sports or physical activity, it is essential to always follow health guidelines in order to limit the risks associated with the spread of the virus.

Handwashing

- Wash your hands often with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if you do not have access to soap and water.

Respiratory etiquette

- Observe hygiene rules when you cough or sneeze:
 - Cover your mouth and nose with your arm to reduce the spread of germs.
- If you use a paper tissue, dispose of it as soon as possible and then wash your hands.

Physical distancing at all times

- As much as possible, stay at least 2 metres (approximately 6 feet) away from people who do not live under the same roof as you.

Follow recommendations to self-isolate

- If you experience symptoms of COVID-19, follow the recommendation to self-isolate at home to avoid passing the disease on to other people.

Hygiene measures regarding frequently touched objects and equipment

- Use your own equipment (use your own golf balls, have each tennis player use a different ball, etc.).
- If the equipment is shared, make sure it is disinfected after each use.

Resources

If you are worried about COVID-19 or you are experiencing symptoms such as cough, fever, breathing difficulties or a sudden loss of smell and taste without nasal congestion, call 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or 1-877-644-4545 (toll-free outside of Québec) to be directed to the proper resource. People with hearing impairments can call toll free at 1-800-361-9596 (TTY).

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1-877-644-4545