

There are three distinct types of muscle: cardiac, smooth and skeletal. Cardiac muscle is found only in the heart.

Skeletal muscle is the body's largest tissue, accounting for approximately 45 percent of body weight in men and 36 percent in women.

Water based exercises can reduce your body weight by 90 percent, which reduces stress on the joints.

Since 2012, women have participated in every Olympic sport at the Games.

In 2015, 46% of Canadians aged 1 year and older reported using a nutritional supplement. This is the equivalent of approximately 15.7 million people.



50,000 Canadians are diagnosed each year with heart failure.



In 2013, 1 in 6 full-time Regular Force members of the Canadian Armed Forces reported symptoms of at least one of the following disorders: major depressive episode, panic disorder, PTSD, generalized anxiety disorder, and alcohol abuse or dependence.

Fat is found in both animal and plant based foods such as meat, butter, nuts and vegetable oils. Each gram of fat provides 9 calories. In comparison, each gram of protein or carbohydrate provides 4 calories.



HEALTH

The game of ringette was invented in Canada by Sam Jacks, who at the time was the director of parks and recreation in North Bay, Ontario.

Multivitamins were the most common nutritional supplement products used by Canadians in both 2004 and 2015. Nearly one-quarter (23.1%) of Canadians took at least one multivitamin supplement in 2015.

Concussions represented 21% of Ontario student injuries that are treated by a doctor or nurse.



Weight Watchers was started in 1963 by 40-year-old Jean Nidetch, a Brooklyn homemaker.



Canadians' use of nutritional supplements containing Vitamin D rose to 33.5% in 2015.

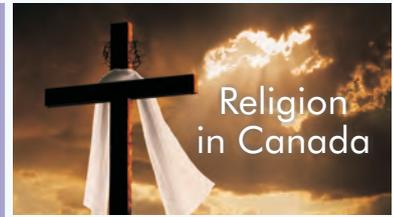


85% of hospitalizations due to injury for seniors are falls. 50% of falls that lead to hospitalization among seniors occur at home. 20-30% of seniors fall each year. The average senior stayed in hospital 10 days longer for falls than for any other cause. Falls are associated with over 1/3 of admissions to long-term care facilities after being released from the hospital.

Canada has participated in every Summer and Winter Paralympic Games since Tel Aviv, Israel in 1968. In 1968, there were 22 Canadian wheelchair athletes who participated, out of a total of 750 athletes from 29 countries.



An person's energy requirement varies due to age, sex, weight, height and activity level. In 2015, the daily average energy intake of children aged 1-13 years was 1,680 calories. For teenagers 14-18 years old, the energy intake was 2,112 calories. Adult Canadians aged 19-50 consumed 1,978 calories daily and Canadians aged 51 and older had daily calorie intake of 1,762 calories.



Religion in Canada

22,102,745

Christians in Canada: Anglican, Baptist, Catholic, Lutheran, United Church, Pentecostal, Christian Orthodox, Presbyterian and "Other Christian."

7,850,605

Canadians who declare no religious affiliation.

1,053,945

Canadians who declare a Muslim religious affiliation.

497,960

Canadians who declare a Hindu religious affiliation.

454,965

Canadians who declare a religious affiliation to Sikh.

366,830

Canadians who declare a Buddhist religious affiliation.

329,500

Canadians who declare a Jewish religious affiliation.

195,775

Canadians who declare an "other" religious affiliation.

FACTS



The first curling stones were made of iron and were shaped like tea kettles. They weighed 60-80 pounds each for men and 40-48 pounds for women.



Omega-3 fatty acids are essential fats, meaning the body cannot make them and they must be consumed. Supplement products containing Omega-3 fatty acids such as fish oils and flaxseed oils were used by 11.8% of Canadians in 2015.

There are two major types of carbohydrates: starch and sugar. Starch comes from grain products and vegetables such as breads, rice or corn. Natural sugars, are in foods like fruit, milk and vegetables.



Physical activity has been shown to reduce the risk of over 25 chronic conditions.

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The leading causes of head injuries in Ontario are: sports (45%), falls (16%) and bicycle accidents (5%).

Nine in 10 Canadians over the age of 20 have at least one risk factor for heart disease. Four in 10 have three or more risk factors.

Researchers have found that people who exercise with someone they think is better than they are, increased their workout time and intensity by 200%.

In 2010, one-third of Canadian men and one-sixth of Canadian women regularly participated in sport.

Girls who don't play sports by age 10 have only a 10% chance of being physically active at 25. If mom plays a sport, there is a 22% increase her child will participate.