

HEALTH & HEALTHY LIVING

Healthy living is about making healthy choices every day. A McFadyen government would promote healthy choices that keep Manitobans physically and mentally fit. By staying healthy we can help prevent chronic diseases and reduce our risk of becoming ill or seriously injured.

Healthy Communities

Teaching Manitobans the principles of healthy living is the most effective way to reduce health care costs. According to the Heart and Stroke Foundation of Manitoba, heart disease and stroke cost the Canadian economy more than \$22.2 billion every year in physician services, hospital costs, lost wages and decreased productivity.

More than 55% of Manitobans are overweight or obese. This works out to 500,000 Manitobans. In our province, the annual economic burden of smoking, obesity and physical inactivity exceeds \$490 million in provincial health care costs and more than \$1 billion in lost productivity. If nothing is done to reverse this trend, these risk factors will cost Manitoba taxpayers a cumulative total of \$4.7 billion in increased health care expenditures and lost productivity by 2026. There are many important reasons for making physical activity part of our everyday lives. In addition to being a great way to maintain a healthy weight, physical activity can lower high blood pressure, lower blood cholesterol levels, manage stress and cut our risk of heart disease and stroke. A McFadyen government will prioritize healthy living initiatives and will encourage Manitobans to live healthy lives.

“A Progressive Conservative Government will put Manitoba families first. We will ensure they have the necessary tools and resources to lead healthy and productive lives.”

Hugh McFadyen

McFadyen Commitments:

- A McFadyen government will expand the Fitness Tax Credit to include all Manitobans. The current Fitness Tax Credit is limited to programs for Manitobans up to 24 years of age. Under our commitment gym memberships would also be eligible for the credit. The credit can be applied to \$500 of eligible costs, and Manitobans with disabilities will be eligible for double the credit amount.
- A McFadyen government will adopt a provincial policy to support and encourage active transportation.
- A McFadyen government will establish a provincial director of active transportation.
- A McFadyen government will enact a policy that requires active transportation infrastructure to be considered in all future provincial road projects in Manitoba.
- A McFadyen government will establish an active transportation agency with a formal advisory board.