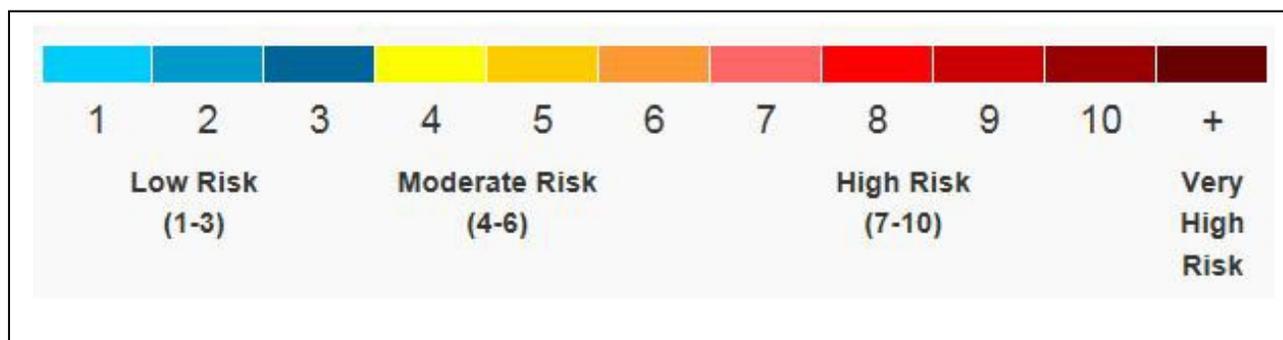




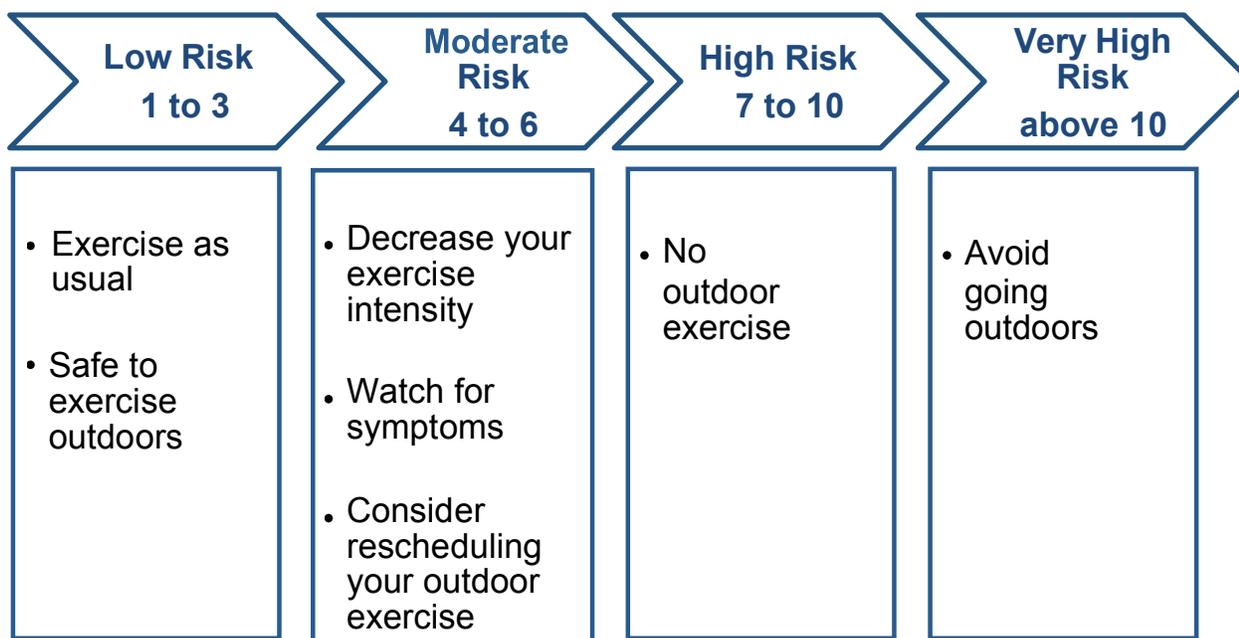
## Air Quality Health Index

When you check the weather report for air quality, look for the Air Quality Health Index (AQHI)

Air pollution can be measured by the AQHI. This index tells you the level of common air pollutants. In Ontario, the range for the index is 0 to 10. The lower the number, the better the air quality. If you live outside of Ontario, go to your local public health website to find out how your area lists the air quality index.



### Your Action Steps for Exercise for Each Air Quality Range:



The Weather Network or Environment Canada can give you up to date weather conditions (including the air quality) for the day:

[www.theweathernetwork.com](http://www.theweathernetwork.com) or [www.weather.gc.ca/forecast](http://www.weather.gc.ca/forecast) or  
[www.airqualityontario.com](http://www.airqualityontario.com)