

Increased exercise is associated with lower measures of obesity

Many studies have shown that exercise is better for a person's health than being sedentary. But is it worth losing sleep over? A new study in *Health Reports* addresses that question and how other ways Canadians spend their time may affect their weight, and their general and mental health.

Source: [Health Reports: Reallocating time between sleep, sedentary and active behaviours](#)



Retail sales rise in February

Retail sales increased 0.4% in February to \$49.8 billion. Higher sales at new car dealers and general merchandise stores were the main contributors to the gain. Sales were up in 4 of 11 subsectors, representing 47% of retail trade.



Source: [Retail trade, February 2018](#)

Culture exports account for \$16 billion in 2016

Canada exported \$16 billion of culture products in 2016. This represented 2.5% of total economy exports and almost 30% of the culture gross domestic product (\$53.8 billion). Imports of culture products were \$20.8 billion or 3.1% of total economy imports.

Source: [Trade of culture and sport products, 2016](#)

About one in seven Canadians aged 15 years and older report some use of cannabis in past three months

Nationally, about 4.2 million or 14% of Canadians aged 15 years and older reported some use of cannabis products for medical or non-medical use in the past three months. More than half (56%) of the users indicated that they used some form of cannabis "daily" or "weekly."



Source: [National Cannabis Survey, first quarter 2018](#)