

# What are the guidelines?

## Canadian Physical Activity Guidelines

In time, you can strive to meet the Canadian Physical Activity Guidelines.

### For adults

To achieve health benefits, and improve functional abilities, accumulate 150 minutes of moderate to vigorous intensity aerobic physical activity per week.

It's also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. Those with poor mobility should perform physical activities to enhance balance and prevent falls. Talk to your doctor before you start an exercise program.

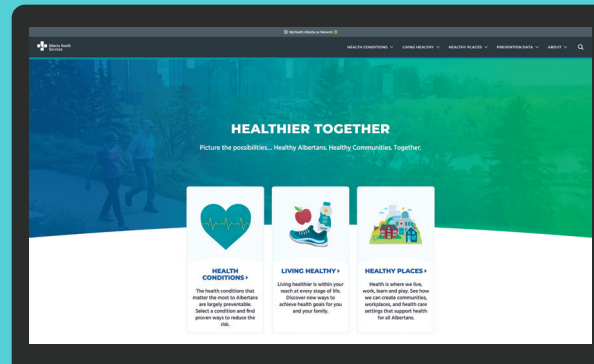


# Where to get more advice

## Other resources

For more information, visit [HealthierTogether.ca](https://HealthierTogether.ca)

Call Health Link at 811



# What to know about

# ACTIVE LIVING

Your activity level affects your health. These recommendations can help you decide what's best for you.



# Staying active

## What is physical activity?

Physical activity is any activity that gets your body moving and raises your heart rate and breathing; it can be a fun, energizing, and enjoyable part of your life.

Regular physical activity helps you become and stay fit. When you're fit, you feel better and have more energy for work and for your family. Improving your fitness is good for your heart, lungs, bones, and joints.

Physical activity can help improve mental and physical health, especially for people who sit for long time periods (sedentary). The key to staying active is doing activities you like and can fit into your regular routine.

Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity



## How much physical activity should I get?

Remember, any amount of physical activity can be good for your health. It's important to think about where you are starting from. If you rarely do physical activity, it's important to start off with a small change. Going for a 10-minute walk after lunch or after supper may be a good place to start, but maybe 10 minutes is too much to start with for you. It's okay to start with a 1 – 2 minute walk. As you become more confident and comfortable, slowly add 10 to 15 minutes of physical activity time over your week. Strive for 150 minutes of physical activity per week.

## Be physically active and enjoy better health

Here are some ideas for fun activities you could do to move more:

- Spend time outdoors walking or hiking
- Dance to your favourite music
- Play with your kids
- Join a sports team
- Go for a bike ride



## Physical activity levels

### Sleep

Sleeping is the most rested state a person can be in and is at the lowest end of the physical activity levels.



### Sedentary behaviour

Sedentary behaviour involves sitting or lying down while awake with little movement. Examples include sitting at work, sitting while driving or watching television on the couch at home.



### Light physical activity

Light activities may cause slightly elevated breathing and heart rates for some adults. Talking during light activity would normally feel comfortable.

### Moderate physical activity

Moderate activities cause adults to sweat a little and to breathe a little harder. Examples include brisk walking, mowing the lawn or bike riding. Talking during moderate activity may require occasional pauses in conversation to “catch your breath”.



### Vigorous physical activity

Vigorous activities cause adults to sweat and feel out of breath. Examples include jogging, swimming, playing basketball or cross-country skiing. Talking during vigorous activity would normally be difficult.