

Physical Activity Guidelines & Tips



GUIDELINES (for adults aged 18-64)



Engage in 150 minutes of moderate vigorous aerobic physical activity per week. Note: This can be split into various sessions at least 10 minutes in length.



Do activities aimed at strengthening bones/ muscles at least 2X per week.



Reduce sedentary times to 8 hours or less per day, which includes:
- Under 3 hours of recreational screen time.
- Breaking up large periods of sitting.

Note: Reference Canadian Society for Exercise Physiology (CSEP) for physical activity guideline inquiries if pregnant, injured, or not within the ages of 18-64.

WHAT DOES IT MEAN?

MODERATE VS. VIGOROUS ACTIVITY

Moderate - Activities with an intensity equivalent to a brisk walk. Breathing quickens, but you are not out of breath.

- Burns energy at a rate 3-6X faster than if you were sitting still.
- Your heart is working at 50-70% of your maximum heart rate.

Vigorous - Breathing is deep and rapid. You develop a sweat after only 2-3 minutes of activity.

- Burns energy at a rate 6X faster than if you were sitting still.
- Your heart is working at 70%+ of your maximum heart rate.

AEROBIC VS. ANAEROBIC ACTIVITY

Aerobic - Activities which are completed at an intensity where oxygen is utilized as an energy source.

- Increases heart and breath rate for an extended period of time.
- These exercises are what you would typically consider cardio (EX: walking, jogging, swimming, cycling etc.).

Anaerobic - Activities which are completed at an intensity where additional energy sources are required rather than oxygen.

- These types of exercise are typically completed in very short bursts at maximal effort. Because they are completed so quickly, your body relies on stored forms of energy (glucose). (EX: HIIT, short sprints, interval training, weight lifting).

STILL NOT SURE? TAKE THE TALK TEST

Moderate: You should be able to talk, but not sing.

Vigorous: You are unable to say more than a few words without catching your breath.

TIPS FOR PHYSICAL ACTIVITY

THIS IS A NO-JUDGMENT ZONE

- For those just starting off, ensure you are 100% comfortable and feel safe within the environment you are exercising in.
- Having a comfortable/motivating environment keeps you wanting to return.

IT'S ALL ABOUT VARIETY

- Having a variety of exercise mediums increases not only our motivation to continue, but also that you are enjoying it as much as possible along the way to optimal health!

START SLOW

- Starting with even just 10 minutes of exercise a day and increasing by 5 minutes every week is enough to power changes in your health.
- Slowly increasing levels of activity increases our exercise-related confidence (which is also motivating!).

RE-FRAME WHAT ACTIVITY MEANS TO YOU

- The end goal is to create a sustainable relationship with physical activity that can be continued for many years.
- Getting physical activity doesn't always have to mean going to the gym or for a run, especially if your lifestyle doesn't allow for such a time commitment.
- Find activities that fit in with your daily lifestyle.
- Move at times that work for you, even if that is in 10 minute increments multiple times a day!

THE BENEFITS

FOR HEALTH

- Reduces risk of heart disease by up to **50%**.
- Reduces risk of diabetes by up to **58%**.
- Reduces risk of Alzheimer's by up to **40%**.
- Reduces effects of stress and contributes to positive mental health.
- Increases mobility, independence and quality of life as you age.

FOR OUR ENVIRONMENT

- Increasing "active transportation" methods decrease emissions and traffic congestion.
- Active individuals are more likely to engage in community driven events leading to improved community connectedness.

FOR FAMILY & FRIENDS

- Physical activity is a great opportunity to build friendships and network.
- Engaging in physical activities with family is a form of family bonding.
- Getting active with your children helps build positive attitudes around active lifestyles and is a crucial opportunity for building life skills.

RESOURCES

physicalliteracy.ca - a website created by two Canadian organizations, Sport for Life Society & Physical Literacy for Life, designed with resources improve the physical literacy of Canadians.

participaction.com/en-ca - home to an abundance of resources on increasing physical activity for individuals and families, exercise videos, and more!

csepguidelines.ca - Website for Canadian Society for Exercise Physiology. Contains a variety of resources on recommended levels of physical activity we complete throughout stages of life, while pregnant, injured, etc.