

# **Appendix I**

## **New Canadian Physical Activity Guidelines**

## New Canadian Physical Activity Guidelines

### GUIDELINES FOR CHILDREN - 5 – 11 YEARS

For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:

- Vigorous-intensity activities at least 3 days per week.
- Activities that strengthen muscle and bone at least 3 days per week.
- More daily physical activity provides greater health benefits.

### Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

### Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities: Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'.  
Activities like:
  - Running
  - Swimming

### Parents and caregivers can help to plan their child's daily activity. Kids can:

- Play tag – or freeze-tag!
- Go to the playground after school
- Walk, bike, rollerblade or skateboard to school.
- Play an active game at recess.
- Go sledding in the park on the weekend.
- Go “puddle hopping” on a rainy day.

*60 minutes a day. You can help your child get there!*

Canadian Society for Exercise Physiology (January, 2011). *New Canadian Physical Activity Guidelines*. Retrieved March 13<sup>th</sup>, 2001 from the World Wide Web: <http://www.csep.ca/english/view.asp?x=804>

## GUIDELINES FOR YOUTH – 12-17 YEARS

For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:

### Being active for at least 60 minutes daily can help teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

### Let's Talk Intensity!

Moderate-intensity physical activities will cause teens to sweat a little and to breathe harder. Activities like:

- Skating
- Bike riding
- Vigorous-intensity physical activities will cause teens to sweat and be 'out of breath'. Activities like:
  - Running
  - Rollerblading

### Parents and caregivers can help to plan their teen's daily activity. Teens can:

- Walk, bike, rollerblade or skateboard to school.
- Go to a gym on the weekend.
- Do a fitness class after school.
- Get the neighbours together for a game of pick-up basketball, or hockey after dinner.
- Play a sport such as basketball, hockey, soccer, martial arts, swimming, tennis, golf, skiing, snowboarding...

*Now is the time. 60 minutes a day can make a difference.*

Canadian Society for Exercise Physiology (January, 2011). *New Canadian Physical Activity Guidelines*. Retrieved March 13<sup>th</sup>, 2001 from the World Wide Web: <http://www.csep.ca/english/view.asp?x=804>

## GUIDELINES FOR YOUTH – 18-64 YEARS

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding
- Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:
  - Jogging
  - Cross-country skiing

### 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

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

### Pick a time. Pick a place. Make a plan and move more!

- Rake the lawn, and then offer to do the same for a neighbour.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again or try a new sport.
- Be active with the family on the weekend
- Join a weekday community running or walking group
- Go for a brisk walk around the block after dinner
- Take a dance class after work.
- Bike or walk to work every day.

*Now is the time. Walk, run, or wheel, and embrace life*

Canadian Society for Exercise Physiology (January, 2011). *New Canadian Physical Activity Guidelines*. Retrieved March 13<sup>th</sup>, 2001 from the World Wide Web: <http://www.csep.ca/english/view.asp?x=804>