

Canada's Physical Activity Guide

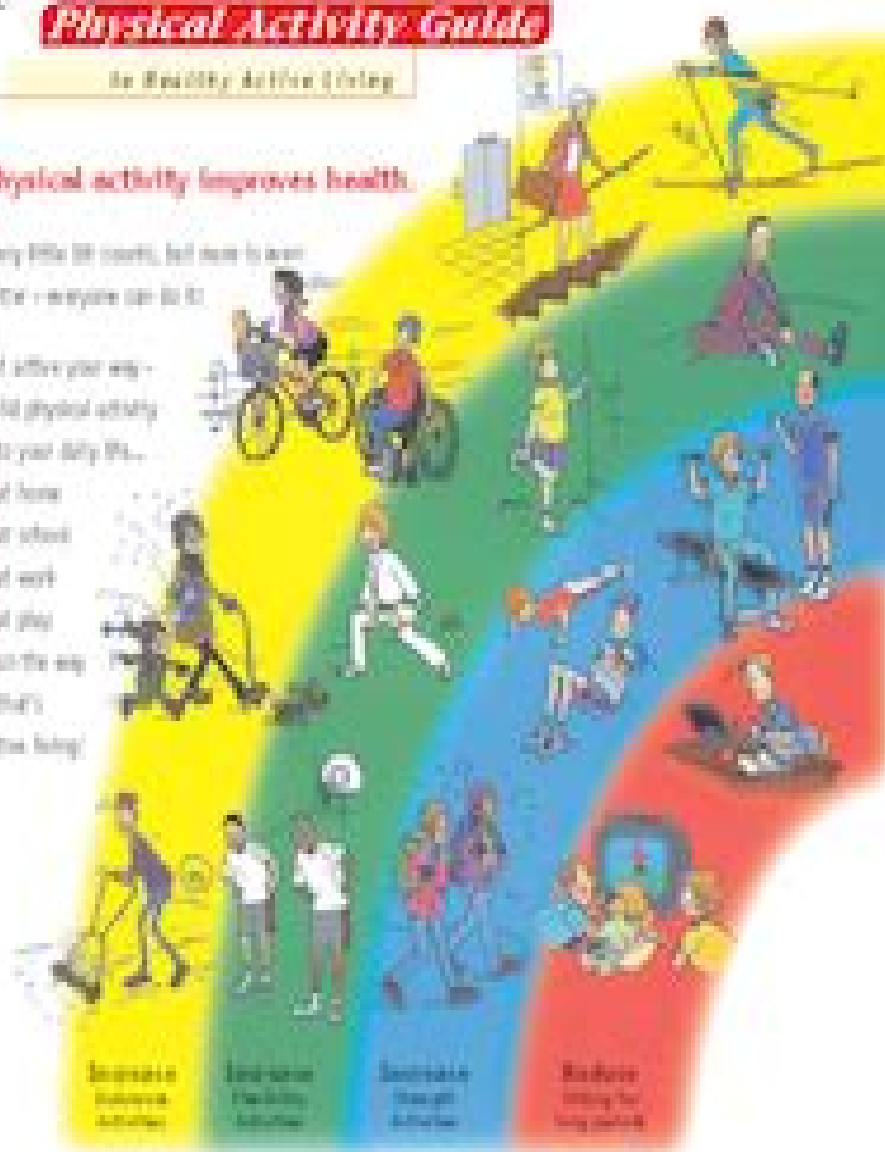
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but there is more
better – everyone can do it.

Get active your way –
build physical activity
into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



Choose a variety of
activities from these
three groups:

Endurance

at least a week
Continuous activities
for long-term, large
and sustained benefits.

Flexibility

at least a week
Stretching, bending,
and twisting activities for
long-term strength, balance
and posture benefits.

Strength

2-3 days a week
Resistance exercises, compared
to strength training, build
muscle and improve posture.

Starting slowly is very
safe for most people,
but safe? Consult your
health professional.

For a copy of the
Guide booklet and
more information,
call 888-914-6100, or
www.papd.ca

Getting well is also
important. Follow
Canada's four steps
to healthy living to
make wise food choices.

Get Active Your Way, Every Day – For Life!

Science says accumulating 30 minutes of physical activity
every day is key to healthy and improving your health. So
try to progress to moderate activities you can add down to
30 minutes, 4 days a week. Add-up your activities in periods
of at least 10 minutes each, then slowly – and build up.

Time needed depends on effort

Very light Effort	Light Effort 30-40 minutes	Moderate Effort 30-40 minutes	Vigorous Effort 20-30 minutes	Maximum Effort
• Walking	• Light walking	• Brisk walking	• Jogging	• Sprinting
• Biking	• Biking	• Biking	• Jogging	• Biking
	• Key-pressing	• Heavy house	• Biking	
	• Gardening	• Gardening	• Basketball	
	• Dancing	• Dancing	• Fast swimming	
		• Aerobic exercise	• Running	
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical
activity into your daily routine.

- Walk whenever you can – get
off the bus early, use the stairs
instead of the elevator.
- Reserve evenings for long
periods, like watching TV.
- Get up from the couch and
stretch and bend for a few
minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or
cycle for short trips.
- Begin with a 10 minute walk –
gradually increase the time.
Find out about walking and
cycling paths nearby and
use them.
- Measure a physical activity
club to see if you want to try it.
- Try one club to start – you don't
have to make a long-term
commitment.
- Do the activities you are doing
now, more often.

Benefits of regular activity: Health risks of inactivity:

• Better health	• Osteoporosis, weak
• Improved sleep	• Heart disease
• Better posture and balance	• Obesity
• Better self-esteem	• High blood pressure
• Weight control	• Adult onset diabetes
• Stronger muscles and bones	• Depression
• Better bone strength	• Stroke
• Increased self-esteem and	• Depression
• Increased independence living in	• Cancer
• Live longer	

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Ernest Ingersoll



Canadian Activity Guide:

Canada's Physical Activity Guide for Children Canada. Health Canada,2002 *Canada's Physical Activity Guide for Youth* Canada. Health Canada,2002 **Edelman and Kudzma's Canadian Health Promotion Throughout the Life Span - E-Book** Marian Luctkar-Flude,Jane Tyerman,Shannon Dames,2025-02-27 Gain the knowledge and skills you need to promote health and prevent disease in Canada Edelman and Kudzma s Canadian Health Promotion Throughout the Life Span Second Edition describes public health concepts from a Canadian perspective helping you to improve community health and reduce health inequities within a diverse population Covering the needs of each age and stage of life this book discusses care of the individual family and community all based on the latest research and trends in Canadian health promotion New chapters address the timely topics of Indigenous health and 2SLGTBQI health Written by respected Canadian educators Marian Luctkar Flude Shannon Dames and Jane Tyerman this book is the only Canadian nursing health promotion text on the market Discovering Nutrition Paul M. Insel,R. Elaine Turner,Don Ross,2006 This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion metabolism chemistry and life cycle nutrition Canada's physical activity guide to healthy active living. (sheet). , **The Canadian Guide-book** Sir Charles G. D. Roberts,1892 **Fit to be Well** Alton L. Thygerson,Karl Larson,2005-12 Focusing on simple workable approaches for being healthy and fit Fit to be Well offers a comprehensive look at wellness The motivating streamlined format encourages students to apply this knowledge to their lives and change poor behaviors Special Time Outs explore topics such as energy production fad diets environmental health relationships and a health procedure timeline The following wellness topics are covered in more depth cardiovascular disease cancer addictive behavior and sexually transmitted infections Every new text comes with a student lab manual at no additional cost to your students **The Canadian Guide-book...** ,1892 Nutrition Paul M. Insel,R. Elaine Turner,Don Ross,2004 Nutrition is unique in its behavioral approach challenging students to actively participate not just memorize the material Offering a balanced coverage of behavioral change and the science of nutrition **Canadian Books in Print** ,2003 **Cahier D'accompagnement Du Guide D'activité Physique Canadien Pour Une Vie Active Saine** Canadian Society for Exercise Physiology,2003 Health exercise physical fitness endurance activities flexibility activities strength activities **Canadian Almanac and Directory** ,1922 **Revue Canadienne de Physiologie Appliquée** ,2005 **Canadian Summer Resort Guide** Frederick Smily,1904 The Tourists' Guide of Canada ,1925 **Guide Book [of Excursions in Canada].** Geological Survey of Canada,1913 The Canadian Guide-book. Part II. Western Canada ... Ernest Ingersoll,1892 **The Canadian Guide-book, Complete in One Volume** ,1900 Canada's Physical Activity Guide to Healthy Active Living, 2007 ,2007 **Instructor's Manual for Understanding Nutrition [by] Eleanor Noss Whitney, Sharon Rady Rolfes** Mary Rhiner,2005

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