Appendix I

New Canadian Physical Activity Guidelines
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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!

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.*

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:
  o Jogging
  o 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