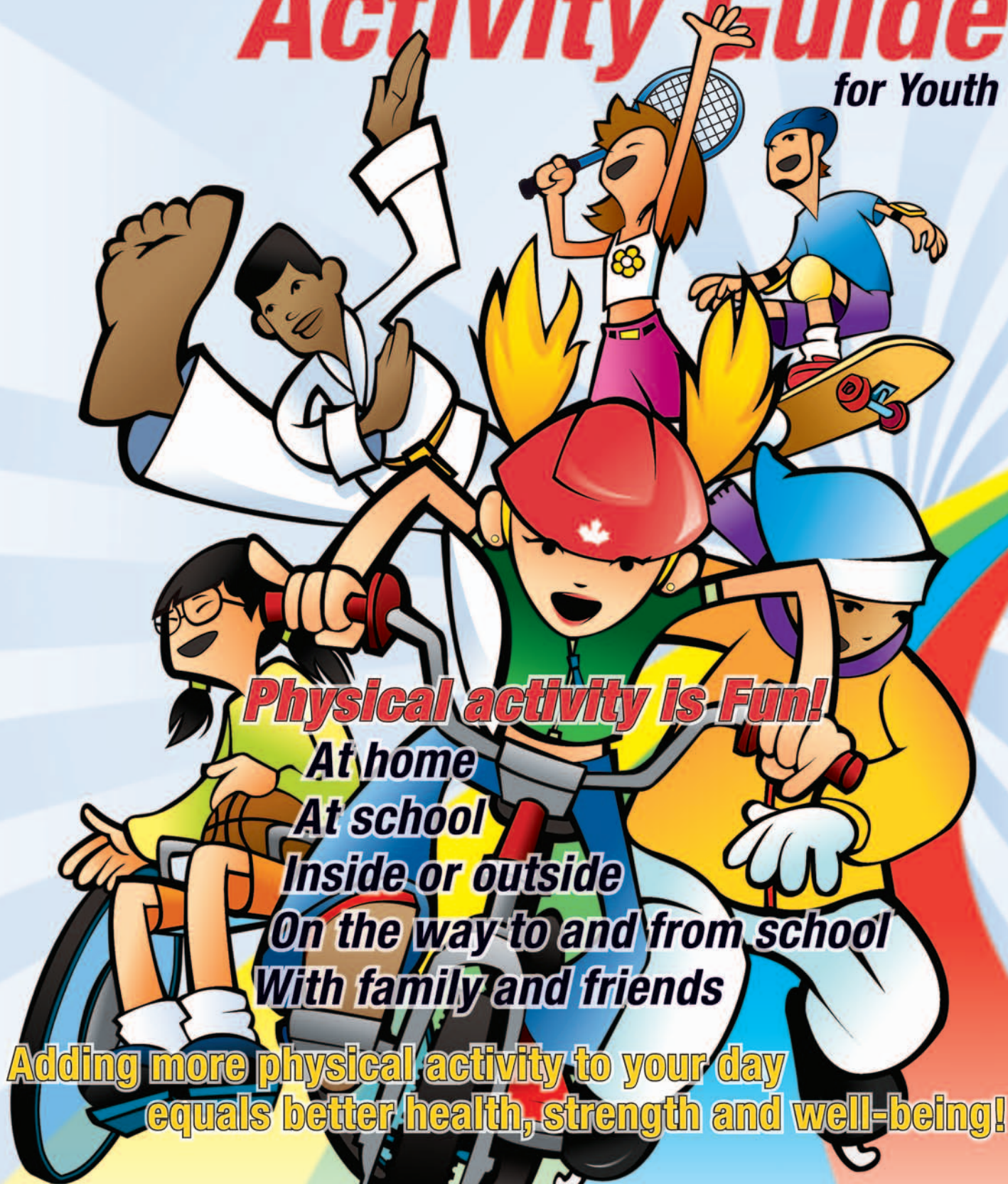


# Canada's Physical **Activity Guide** for Youth



**Physical activity is Fun!**  
**At home**  
**At school**  
**Inside or outside**  
**On the way to and from school**  
**With family and friends**

**Adding more physical activity to your day  
equals better health, strength and well-being!**



# Dare to be **Active!**

**T**une into physical activity to:

- Meet new friends
- Improve physical self-esteem
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Maintain flexibility
- Promote good posture and balance
- Improve fitness
- Strengthen the heart
- Increase relaxation
- Promote healthy growth and development

## Let's Get **ACTIVE!**

### Canada's Guidelines for **INCREASING** Physical Activity in Youth

This Guide will help you:

**1. INCREASE** time **CURRENTLY** spent on physical activity, starting with 30 minutes **MORE** per day (See CHART BELOW)

**2. REDUCE** "non active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes **LESS** per day (See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

MONTH	Daily INCREASE in moderate* activity (Minutes)		Daily INCREASE in vigorous** activity (Minutes)		Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+	10	=	30	30
Month 2	at least 30	+	15	=	45	45
Month 3	at least 40	+	20	=	60	60
Month 4	at least 50	+	25	=	75	75
Month 5	at least 60	+	30	=	90	90



### Congratulations!

Daily active time is part of a healthy lifestyle.

**\*Moderate physical activity examples**

- Brisk walking, skating, bike riding

**\*\*Vigorous physical activity examples**

- Running, supervised weight training, basketball, soccer



# Here's the scoop!

– Combine three types of physical activity for best results:

1. **Endurance** activities that make you breathe deeper, your heart beat faster, and make you feel warm.
2. **Flexibility** activities like bending, stretching and reaching that keep your joints moving.
3. **Strength** activities that build your muscles and bones.



## Here are some ideas to get you started

Decide to take the first step – It's all up to you – And YOU can DO it!

- Walk more – to school, to the mall, to the park, to your friend's house
- Walk, run or bike instead of getting a drive with mom or dad
- Take the dog for a walk
- Run, jump, skateboard, snow-board, ski, skate or toboggan
- Play sports
- Go skating, swimming, bike riding or bowling
- Rake the leaves, shovel snow or carry the groceries
- Take a class like yoga, hip hop, aerobics or gymnastics
- Check out some activities at the community centre
- Be active with your friends
- Put on some music and move
- Stretch your muscles every day
- Try something new like wall climbing or dance classes

Choose **activities you like or think you might like.**





## Active bodies need energy

Follow *Canada's Food Guide to Healthy Eating* to make wise food choices



## Healthy activity is safe activity

Canada 



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Please use this Guide with additional support resources.

For more information: Call **1 888 334-9769**

or visit **[www.paguide.com](http://www.paguide.com)**