

Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

Guidelines:

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.



Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:



A variety of activities in different environments;



Activities that develop movement skills;



Progression toward at least 60 minutes of energetic play by 5 years of age.



More daily physical activity provides greater benefits.

Being active as an infant means:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

Being active as a toddler or preschooler means:

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

The older children get, the more energetic play they need, such as hopping, jumping, skipping and bike riding.

Being active can help young kids:

- Maintain a healthy body weight
- Improve movement skills
- Increase fitness
- Build healthy hearts
- Have fun and feel happy
- Develop self-confidence
- Improve learning and attention

All activity counts. Try these tips to get young kids moving:

- Create safe spaces for play.
- Play music and learn action songs together.
- Dress for the weather and explore the outdoors.
- Make time for play with other kids.
- Get where you're going by walking or biking.

Any way, every day.
Get active together!



Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



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.

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

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

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 Physical Activity Guidelines

FOR YOUTH - 12 – 17 YEARS

Guidelines



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:



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.

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

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

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 Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



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!

- 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.
- 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!

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



Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older 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.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's Talk Intensity!

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

Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

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

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity!

- Take up a favourite sport again.
- Be active with the family! Plan to have "active reunions".
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

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



www.csep.ca/guidelines

