



**Active bodies need energy**

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



**Healthy activity is safe activity**



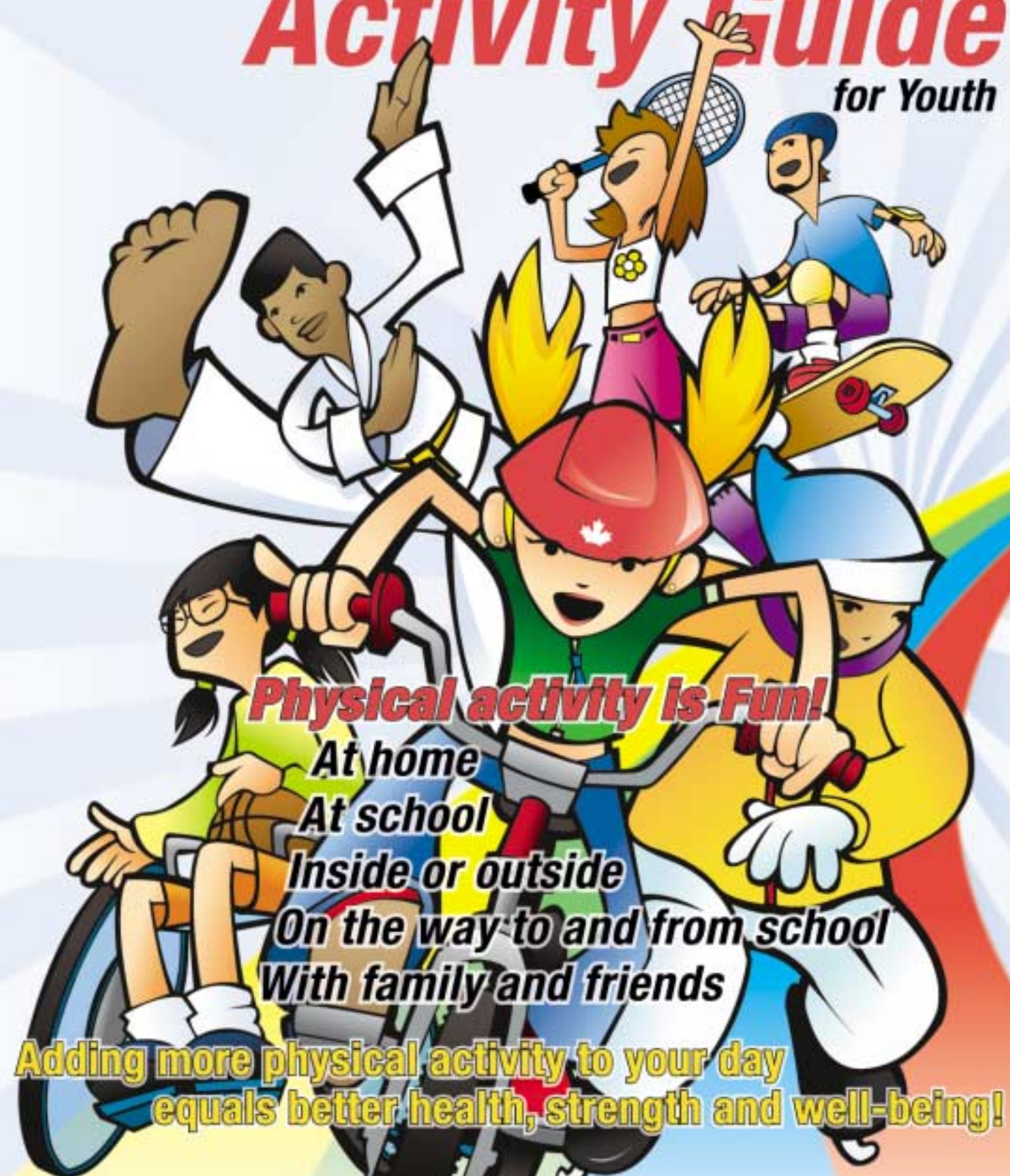
© Her Majesty the Queen in Right of Canada, represented by the Minister of Public Works and Government Services Canada, 2002  
Cat.H39-611/2002-1E • ISBN 0-662-31931-1

Please use this Guide with additional support resources.

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

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

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!**



Health Canada

Santé Canada



Canadian Society for Exercise Physiology



# 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

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.



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

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

