

Here are some activities to try with children

- ☞ Take stairs instead of elevators
- ☞ Take a walk after supper – and make the walk an adventure
- ☞ Play ball or ball hockey or soccer or go swimming
- ☞ Ride a bike or scooter
- ☞ Rake the leaves, shovel snow or carry groceries together
- ☞ Toboggan or ski or build a 'snowman'
- ☞ Organize neighborhood games to help kids make active choices
- ☞ Dance, dance, dance
- ☞ Play sports of any kind
- ☞ Bring the kids outdoors to play
- ☞ Work with the neighbours to create a walking 'school bus'
- ☞ Leave the car at home when going on short trips

For more information:

Call 1 888 334-4769 or visit the web-site at www.healthcanada.ca/paguide. Please use this Guide with additional support resources.

Active bodies need energy.

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



www.healthcanada.ca/foodguide

Healthy activity is safe activity

Canada

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Cat.H39-611/2002-2E ISBN 0-662-31932-X

CANADA'S
Physical Activity Guide
to Healthy Active Living

Canada's PHYSICAL ACTIVITY GUIDE FOR CHILDREN

PHYSICAL ACTIVITY IS FUN!

- At home • At school • At play • Inside or outside
- On the way to and from school • With family and friends

Making physical activity a part of the day is fun and healthy. Encouraging kids to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives.



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CALL TO ACTION

for parents, educators, physicians and community leaders



Canada's Guidelines for INCREASING Physical Activity in Children

This Guide will help children:

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

	Daily INCREASE in moderate* physical activity (Minutes)		Daily INCREASE in vigorous** physical 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

* Moderate physical activity examples
 • brisk walking • swimming
 • skating • playing outdoors
 • bike riding

** Vigorous physical activity examples
 • running • soccer

Congratulations! Daily active time is part of a healthy lifestyle.



Endurance Flexibility Strength

All contribute to a healthy body

Combine 3 types of physical activity for best results:

1. **Endurance** activities that strengthen the heart and lungs such as running, jumping and swimming.
2. **Flexibility** activities that encourage children to bend, stretch and reach such as gymnastics and dancing.
3. **Strength** building activities that build strong muscles and bones such as climbing or swinging across the playground ladder.



The Benefits of Regular Activity

- ☞ Builds strong bones and strengthens muscles
- ☞ Maintains flexibility
- ☞ Achieves a healthy weight
- ☞ Promotes good posture and balance
- ☞ Improves fitness
- ☞ Meet new friends
- ☞ Strengthens the heart
- ☞ Improves physical self-esteem
- ☞ Increases relaxation
- ☞ Enhances healthy growth and development