



Canadian Physical Activity Guidelines Canadian Sedentary Behaviour Guidelines

Your Plan to Get Active Every Day

Being physically active every day is enjoyable and safe for most people. Health benefits of physical activity include improved fitness, strength and feeling better. This booklet shows how you and your family can plan to be physically active every day using the Canadian Physical Activity Guidelines. Don't forget to reduce sedentary time too!

Definitions

What is physical activity?

- Movement that increases heart rate and breathing
- Any bodily movement produced by skeletal muscles that requires energy expenditure

What are physical activity guidelines?

Physical Activity Guidelines describe the amount and types of physical activity that offer substantial health benefits for Canadians.

What is sedentary behaviour?

- Postures or activities that require very little movement
- Examples include prolonged sitting, watching television, playing passive video or computer games, extended time spent on the computer (surfing the internet or working), and motorized transportation.

What are sedentary behaviour guidelines?

Sedentary Behaviour Guidelines describe the recommended amount of time that Canadians should reduce their involvement in sedentary pursuits in order to reduce health risks.

Moderate-intensity physical activity

On a scale relative to an individual's personal capacity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 10.

As a rule of thumb, if you're doing moderate-intensity activity you can talk, but not sing your favourite song, during the activity. You're working hard enough to raise your heart rate.

Vigorous-intensity physical activity

On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 10.

If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath. Your heart rate has gone up quite a bit.

Moderate- to Vigorous-intensity physical activity (MVPA)

MVPA is a combination of moderate and vigorous intensity activity. This is what you're aiming for to meet the guidelines!

Energetic play

Energetic play is similar to moderate- to vigorous-intensity physical activity (MVPA) that is more appropriately contextualized for the way that young children move. It refers to activities for young children that gets them working hard, breathing heavily, and feeling warm.

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Your Plan to Get Active Every Day!

How to use the blank Activity Logs to plan your most active life: Log #1 on page 26 is for the Early Years and lists activity examples you and your infant, toddler or preschooler could be doing every day to be more physically active. For children, youth, and older adults, here are some extra tips to use the logs

Log #2 on page 27

Who — Children (aged 5-11 years) and Youth (aged 12-17 years)

What — A personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity physical activity accumulated each day. Note the days that you participate in vigorous activity and the days that you do muscle and bone-strengthening activities. Add them up every week and see if you're meeting the guidelines!

Where — Keep your personal activity log handy so it is easy to use (like on the fridge!). Use the interactive online version if you're on the go.

When — Every day! Pick a regular time to enter how much physical activity you did each day.

Why — To stay healthy! Canadian Physical Activity Guidelines recommend children and youth should accumulate 60 minutes of moderate- to vigorous-intensity aerobic physical activity every day. These activities should include vigorous activities at least 3 days per week and activities that strengthen muscle and bone at least 3 days per week.

Log #3 on page 28

Who — Adults (aged 18-64 years) and Older Adults (aged 65 years and older)

What — A personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity aerobic physical activity accumulated each day in bouts of at least 10-minutes and the days that you do muscle and strength-building activities. Add them up every week!

Where — Keep your personal activity log handy so it is easy to use (like on the fridge!). Use the interactive online version if you're on the go.

When — Every day! Pick a regular time to enter how much physical activity you did each day.

Why — To stay healthy! Canadian Physical Activity Guidelines recommend that adults aged 18 years and older should participate in at least 150 minutes of moderate- to vigorous-intensity physical activity, every week. Make sure to do this in bouts of at least 10 minutes and include muscle and bone-strengthening activities 2 days per week.

The following pages provide you with the guidelines and ideas for you and your family to be active every day.

Note: you are authorized to photocopy the Blank Logs pages from this booklet as required. To download blank templates in PDF format, go to www.cseup.ca/guidelines

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

**Any way, every day.
Get active together!**

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.

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.

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

Canadian Sedentary Behaviour Guidelines

FOR THE EARLY YEARS 0–4 YEARS

Guidelines



For healthy growth and development, caregivers should minimize the time infants (aged less than 1 year), toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) spend being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., stroller, high chair) for more than one hour at a time.



For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.



For children 2-4 years, screen time should be limited to under one hour per day; less is better.

So cut down on sitting down. To reduce young children's sedentary time, you can:

- ☑ Limit use of playpens and infant seats when baby is awake.
- ☑ Explore and play with your child.
- ☑ Stop during long car trips for playtime.
- ☑ Set limits and have rules about screen time.
- ☑ Keep TVs and computers out of bedrooms.
- ☑ Take children outside every day.

The lowdown on the slowdown: what counts as being sedentary

Sedentary behaviours are those that involve very little physical movement while children are awake, such as sitting or reclining:

- in a stroller, high chair or car seat
- watching television
- playing with non-active electronic devices such as video games, tablets, computers or phones

Spending less time being sedentary can help young kids:

- Maintain a healthy body weight
- Develop social skills
- Behave better
- Improve learning and attention
- Improve language skills

There's no time like right now to get up and get moving!

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 Sedentary Behaviour Guidelines

FOR CHILDREN 5–11 YEARS

Guidelines

For health benefits, children aged 5–11 years should minimize the time they spend being sedentary each day. This may be achieved by

-  Limiting recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits.
-  Limiting sedentary (motorized) transport, extended sitting and time spent indoors throughout the day.

The lowdown on the slowdown: what counts as being sedentary?

Sedentary behaviour is time when children are doing very little physical movement. Some examples are:

- Sitting for long periods
- Using motorized transportation (such as a bus or a car)
- Watching television
- Playing passive video games
- Playing on the computer

Spending less time being sedentary can help children:

- Maintain a healthy body weight
- Do better in school
- Improve their self-confidence
- Have more fun with their friends
- Improve their fitness
- Have more time to learn new skills

There is no time like right now for children to get up and get moving!



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 Sedentary Behaviour Guidelines

FOR YOUTH 12–17 YEARS

Guidelines

For health benefits, youth aged 12–17 years should minimize the time they spend being sedentary each day. This may be achieved by

-  Limiting recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits.
-  Limiting sedentary (motorized) transport, extended sitting and time spent indoors throughout the day.

The lowdown on the slowdown: what counts as being sedentary?

Sedentary behaviour is time when teens are doing very little physical movement. Some examples are:

- Sitting for long periods
- Using motorized transportation (such as a bus or a car)
- Watching television
- Playing passive video games
- Playing on the computer

Spending less time being sedentary can help teens:

- Maintain a healthy body weight
- Improve their self-confidence
- Do better in school
- Improve their fitness
- Have more fun with their friends
- Have more time to learn new skills

Now is the time for teens to get up and get moving!



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 AND 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.

Early Years' Continuum

FOR THE EARLY YEARS 0–4 YEARS

Physical Activity Recommendations

Infant 0-6 months

Infant 6-12 months

Toddler 1-2 years >

Preschooler 3-4 years >

Encourage interactive physical activity throughout the day, in varying environments. Include activities that help to develop motor skills and learning.

Every day, toddlers and preschoolers should participate in 180 minutes of physical activity at any intensity spread throughout the day.

As preschoolers learn and master new movements and skills making their physical activity choices become more diverse, it's important that they increase the intensity of some of these activities. By the time they are 5 years old, they should accumulate at least 60 minutes of energetic play (i.e. moderate to vigorous activity) each day, allowing them to meet the guidelines for children and youth.

How to Add Physical Activity to your Child's Day

Young infants should be exposed to tummy-time several times throughout the day. Tummy time will help strengthen neck and limb muscles.

Reaching, grasping, crawling, pushing and pulling are forms of physical activity that infants can engage in every day. These activities will help strengthen muscles and develop motor skills.

Parents and caregivers should encourage their toddler to try crawling, walking, climbing and exploring in indoor, outdoor, wet, dry, warm and cold environments.

Preschoolers should be encouraged to participate in activities that require increased intensity – this will help contribute to the health benefits of being active.

Whenever possible, infants should spend quality time interacting with parents and caregivers to enhance the enjoyment of the activity.

Infants should be provided with a variety of age appropriate, and safe toys as well as many opportunities to interact with parents, caregivers, siblings and friends.

As toddlers develop new movement skills, they should be exposed to new environments and experiences by introducing different games, toys and activities.

Preschoolers can also improve their skills by participating in more sophisticated types of activities like playing with balls, learning sports or learning to ride a bike. Preschoolers should be given opportunities for free play and encouraged to explore new activities both indoors and outdoors, in wet, dry, warm and cold environments.

FOR CHILDREN: 5–11 YEARS

David is the single parent of seven-year-old Josie. David knows they both need to be more active, so he is making an effort to schedule more active time for them together and to encourage Josie to play hard at recess.



Josie was able to fit in at least 60 mins of MVPA every day of the week. David was able to sneak in some activity of his own at the same time!

David (dad) and Josie (girl, age 7)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>David and Josie run and play catch outside in the afternoon</p> <p>David & Josie 60min</p>	<p>Plays tag at recess</p> <p>Josie 15min</p> <p>Plays with the neighbour's dog after school</p> <p>Josie 15min</p> <p>David goes for a run and Josie bikes beside him before dinner</p> <p>David & Josie 30min</p>	<p>Plays tag at recess</p> <p>Josie 15min</p> <p>Goes to the park with neighbors</p> <p>Josie 45min</p>	<p>Gym class at school</p> <p>Josie 30min</p> <p>David and Josie play basketball in the driveway after school</p> <p>David & Josie 30min</p>	<p>Plays tag at recess</p> <p>Josie 15min</p> <p>David goes for a run and Josie bikes beside him before dinner</p> <p>David & Josie 45min</p>	<p>Plays active games with her class</p> <p>Josie 30min</p> <p>Josie goes to the park with neighbors while David has his weekly soccer game</p> <p>David & Josie 50min</p>	<p>David and Josie organize a soccer game with the neighbours after lunch</p> <p>David & Josie 60min</p>
Josie 60min	Josie 60min	Josie 60min	Josie 60min	Josie 60min	Josie 80min	Josie 60min

SUNDAY

Martial arts in the afternoon

Alex  60min

MONDAY

Bikes to the park to play with friends after school

Alex  60min

TUESDAY

Plays an active game at recess

Alex  15min

Bikes after school

Alex  45min

WEDNESDAY

Martial arts in the evening

Alex  60min

THURSDAY

Plays an active game at recess

Alex  15min

Bikes to the park to play with friends after school

Alex  60min

FRIDAY

Gym class at school

Alex  30min

Bikes to and from a friend's house after school

Alex  30min

SATURDAY

Plays with friends in the park after lunch

Alex  60min

Bikes to and from the park

Alex  10min

Alex  60min

Alex  60min

Alex  60min

Alex  60min

Alex  75min

Alex  60min

Alex  70min



Alex is able to get at least 60 minutes of MVPA each day even though he's not a huge sports fan. He just had to find something he liked!



FOR CHILDREN: 5–11 YEARS

Alex, age 10, recently attended a birthday party held at the martial arts centre. He loved it! His parents signed him up, even though he had never wanted to sign up for any sport before. He and his friends now play martial arts–based games at recess and in the park! His parents also encourage him to bike or walk instead of getting a drive.

Alex (boy, age 10)

FOR YOUTH: 12–17 YEARS

Jamie is an active 12 year old boy, though he doesn't play any organized sports because the family budget doesn't allow it. His mom, Jocelyne, and dad, Lee, work hard to organize low-cost activities and encourage Jamie to play outside with his little sister, Melanie and his grandmother May Ling.



Jamie achieves his target of 60 minutes per day for the week. Mom and Dad also accumulate MVPA toward meeting the Guidelines.

Jamie (boy, age 12)

SUNDAY

Jamie and his family go for a family skate before dinner at the community rink

Jamie & Family
🕒 60min

Jamie
🕒 60min

MONDAY

Jamie and Melanie play at the park with Grandma May Ling after school

Jamie & Melanie
🕒 60min

Jamie
🕒 60min

TUESDAY

Plays outside in the snow during recess

Jamie 🕒 20min

Builds a snow fort after school

Jamie 🕒 40min

Jamie
🕒 60min

WEDNESDAY

Gym class at school

Jamie 🕒 30min

Plays street hockey with a friend after school

Jamie 🕒 30min

Jamie
🕒 60min

THURSDAY

Jamie and Melanie play at the park with Grandma May Ling after school

Jamie & Melanie
🕒 60min

Jamie
🕒 60min

FRIDAY

Plays tag at recess

Jamie 🕒 15min

Jamie's class plays an active game every Friday

Jamie 🕒 15min

Jamie plays after school with friends

Jamie 🕒 30min

Jamie
🕒 60min

SATURDAY

Lee and Jamie organize a pick-up hockey game for people on their street during the afternoon

Jamie & Lee
🕒 60min

Jamie
🕒 60min

SUNDAY

Helps mom and dad with yard work in the morning

Sherene ⌚ 60min

MONDAY

Rollerblades to and from school

Sherene ⌚ 20min

Track and field practice after school

Sherene ⌚ 60min

TUESDAY

Rollerblades to and from school

Sherene ⌚ 20min

Soccer practice in the evening

Sherene ⌚ 60min

WEDNESDAY

Rollerblades to and from school

Sherene ⌚ 20min

Gym class at school

Sherene ⌚ 30min

Practices soccer in the evening with her brother

Sherene ⌚ 30min

THURSDAY

Rollerblades to and from school

Sherene ⌚ 20min

Soccer practice in the evening

Sherene ⌚ 60min

FRIDAY

Rollerblades to and from school

Sherene ⌚ 20min

Gym class at school

Sherene ⌚ 30min

Bikes to and from a friend's house in the evening

Sherene ⌚ 30min

SATURDAY

Soccer game in the afternoon

Sherene ⌚ 60min

Sherene ⌚ 60min

Sherene ⌚ 80min

Sherene ⌚ 60min



Sherene gets lots of activity throughout the week and is able to easily fit in at least 60 minutes per day of MVPA.



FOR YOUTH: 12–17 YEARS

Sherene is 17 and has always played soccer, and her coach recently encouraged her to try out for track and field. She made the team! Her mom told her that rollerblading to school, instead of catching a ride with the neighbour, would help her keep in shape for track and soccer.

Sherene (girl, age 17)

FOR YOUTH: 12–17 YEARS

Active mom Maria wants to spend more time with her 16 year old son, Sergio. Sergio loves to be outdoors and spends a lot of time at the basketball court with his friends. It seemed like the only time they were together was in front of the TV at night. Maria now makes plans so that she can be active with her son. Sergio gets extra physical activity by biking to his part time job and is responsible for making sure their family dog gets enough activity as well.



Sergio uses an active form of transportation to get around. This helps him to meet the Guidelines of 60 minutes of MVPA every day.

Sergio (boy, age 16)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sergio bikes to and from his part time job Sergio 30min	Sergio plays pick-up basketball at lunch with his friends Sergio 40min	Gym class at school Sergio 30min	Sergio plays pick-up basketball at lunch with his friends Sergio 40min	Sergio bikes to and from work after school Sergio 30min	Sergio has a basketball game Sergio 45min	Sergio bikes to and from work Sergio 30min
Sergio and Maria take the dog for a walk at night Sergio & Maria 30min	Sergio takes the dog for a walk after school Sergio 30min	Sergio has basketball practice in the evening Sergio 60min	Sergio takes the dog for a walk after school Sergio 20min	Sergio and Maria take the dog for a walk after school Sergio & Maria 30min	Sergio takes the dog for a walk Sergio 15min	Sergio has a basketball practice Sergio 60min
Sergio 60min MVPA	Sergio 70min MVPA	Sergio 90min MVPA	Sergio 60min MVPA	Sergio 60min MVPA	Sergio 60min MVPA	Sergio 90min MVPA

SUNDAY

Teaches dance class in the morning

Nicole  60min

Practices dance in afternoon

Nicole  30min

Nicole
 90min MVPA

MONDAY

Dance class after school

Nicole  60min

Nicole
 60min MVPA

TUESDAY

Gym class at school

Nicole  30min

Attends yoga session with her mom

Nicole  60min

Nicole
 90min MVPA

WEDNESDAY

Dance class after school

Nicole  60min

Takes neighbours to park to play tag after school

Nicole  30min

Nicole
 90min MVPA

THURSDAY

Gym class at school

Nicole  30min

Goes for a swim at the community pool

Nicole  60min

Nicole
 90min MVPA

FRIDAY

Goes bike riding with friends in the evening

Nicole  60min

Nicole
 60min

SATURDAY

Teaches dance class after lunch

Nicole  60min

Nicole
 60min



Nicole enjoys volunteering in her community on the weekends. This activity helps her to accumulate 60 minutes of MVPA each day.



FOR YOUTH: 12–17 YEARS

Nicole, age 15, loves to dance. This year she was able to start teaching classes as a volunteer! She's so excited and loves to help out in her community. Nicole also babysits her neighbours after school and loves to play active games with them.

Nicole (girl, age 15)

FOR ADULTS: 18–64 YEARS

As a young adult with a busy job, Harpreet, 28, didn't know how to stay active. She decided to join a running club. She started slowly but now has increased her endurance gradually and has even signed up to run a 10 km race! She finds running a great way to get together with like-minded friends and to relieve stress.



Harpreet feels great about her activity and fits in 2 days of muscle strengthening and 160 minutes of MVPA.

Harpreet (woman, age 28)

SUNDAY

Exercise class after lunch

Harpreet

Muscle Strengthening &

30min MVPA

Harpreet

Muscle Strengthening &

30min MVPA

MONDAY

TUESDAY

Participates in a running group every Tuesday night

Harpreet

30min MVPA

Harpreet

30min MVPA

WEDNESDAY

THURSDAY

Goes to the gym on her lunch break

Harpreet

Muscle Strengthening &

20min MVPA

Harpreet

Muscle Strengthening &

20min MVPA

FRIDAY

Goes for a run after work

Harpreet

30min MVPA

Harpreet

30min MVPA

SATURDAY

Runs outside in the morning

Harpreet

50min MVPA

Harpreet

50min MVPA

SUNDAY

Family skate with Lee, Jamie and Melanie at the community rink before dinner

Jocelyne
🕒 60min MVPA

Jocelyne
🕒 60min MVPA

MONDAY

Lunchtime walking group

Jocelyne 🕒 30min

Jocelyne
🕒 30min MVPA

TUESDAY

WEDNESDAY

Lunchtime walking group

Jocelyne 🕒 30min

Lifts weights at home in the evening

Jocelyne
Muscle Strengthening

Jocelyne
Muscle Strengthening &
🕒 30min MVPA

THURSDAY

Brisk walk after dinner

Jocelyne 🕒 30min

Jocelyne
🕒 30min MVPA

FRIDAY

SATURDAY

Activity class at the community centre in the afternoon

Jocelyne
Muscle Strengthening
🕒 30min

Jocelyne
Muscle Strengthening

180

With good planning, Jocelyne is able to fit in 2 days of muscle strengthening activities and 180 minutes of moderate-intensity physical activity (MVPA).



FOR ADULTS: 18–64 YEARS

Jocelyne, 32, knows the importance of physical activity, but the family can't afford gym memberships and organized sports. Jocelyne watches for low-cost community centre activities and participates in a lunchtime walking group at work. She makes sure to use her weekends to spend some active family time with her husband Lee, son Jamie and daughter Melanie.

Jocelyne (woman, age 32)

FOR ADULTS: 18–64 YEARS

David is the single parent of seven-year-old Josie. David knows they both need to be more active, so he is making an effort to schedule more active time for them together in place of watching TV. Some activities are moderate intensity for Josie but only light activity for David. But even the light intensity activities get David off the couch and he feels great after being outside.



David gets 2 days of muscle strengthening, 150 minutes of MVPA. He gets an additional 150 minutes of light activity while spending time with Josie.

David (man, age 38)

SUNDAY

Heavy yard work in the morning

David 30min

Runs and plays in the park with Josie in the afternoon

David 60min

David
Muscle Strengthening,
 30min MVPA &
 60min Light Activity

MONDAY

Goes for a run with Josie biking beside him before dinner

David 30min

David
 30min MVPA

TUESDAY

WEDNESDAY

David and Josie play basketball in the driveway after school

David 30min

Lifts weights after Josie goes to bed

David
Muscle Strengthening

David
Muscle Strengthening &
 30min Light Activity

THURSDAY

Goes for a run with Josie biking beside him before dinner

David 30min

David
 30min MVPA

FRIDAY

Weekly soccer game

David 60min

David
 60min MVPA

SATURDAY

David and Josie organize a soccer game for the neighbours after lunch

David 60min

David
 60min Light Activity

SUNDAY

Plays catch with his niece after lunch

Omar  30min

MONDAY

Lifts weights after work at the gym

Omar

Muscle Strengthening

TUESDAY

WEDNESDAY

Goes to the gym after work to cycle on an arm ergometer and lifts weight

Omar

Muscle Strengthening &

 30min MVPA

THURSDAY

FRIDAY

Plays wheelchair basketball at the gym after work

Omar  60min

SATURDAY

Wheels on the trail behind his house in the morning

Omar  30min

Omar  30min MVPA

Omar
Muscle Strengthening

Omar
Muscle Strengthening &
 30min MVPA

Omar  60min MVPA

Omar  30min MVPA

150

Omar has no problem fitting in two days of muscle strengthening activities and 150 minutes of MVPA.



FOR ADULTS: 18–64 YEARS

Omar, 39, uses a manual wheelchair as his primary mode of mobility. He plays recreational wheelchair basketball with a couple of friends and enjoys exercising at the gym and at home. It is important to keep in mind that the intensity of an activity will be different from one person to another depending on the disability.

Omar (man, age 39)

FOR ADULTS: 18–64 YEARS

Active mom Maria, 46, wants to spend more time with her son, who loves to be outdoors and spends a lot of time at the basketball court. Maria makes plans so that she can be active with her son. But her work schedule made it hard to do more, until she and some co-workers formed a lunchtime walking group. These are moderate- and vigorous-intensity activities.



Maria easily exceeds the guidelines and fits in 2 days of muscle strengthening and 150 minutes of MVPA while spending more time with her son.

Maria (woman, age 46)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sergio and Maria take the dog for a walk at night</p> <p>Maria 30min</p>		<p>Maria participates in a yoga class while Sergio is at basketball practice</p> <p>Maria</p> <p>Muscle Strengthening</p>	<p>Walks at lunch time</p> <p>Maria 30min</p>	<p>Lifts weights after work</p> <p>Maria</p> <p>Muscle Strengthening</p> <p>Sergio and Maria take the dog for a walk in the evening</p> <p>Maria 30min</p>		<p>Maria does heavy yardwork in the morning then goes for a walk at the gym while Sergio has basketball practice</p> <p>Maria</p> <p>Muscle Strengthening & 60min MVPA</p>
<p>Maria</p> <p> 30min MVPA</p>		<p>Maria</p> <p>Muscle Strengthening</p>	<p>Maria</p> <p> 30min MVPA</p>	<p>Maria</p> <p>Muscle Strengthening & 30min MVPA</p>		<p>Maria</p> <p>Muscle Strengthening & 60min MVPA</p>

SUNDAY

Heavy yard work in the morning

Jameel

Muscle Strengthening &

30min MVPA

MONDAY

Brisk walk during lunch hour

Jameel 30min

TUESDAY

WEDNESDAY

Brisk walk during lunch hour

Jameel 30min

THURSDAY

FRIDAY

Heavy yard work in the morning

Jameel

Muscle Strengthening &

30min MVPA

SATURDAY

Golfs 9 holes with a friend (no cart!)

Jameel 120min

Jameel

Muscle Strengthening &

30min MVPA

Jameel

30min MVPA

Jameel

30min MVPA

Jameel

Muscle Strengthening &

30min MVPA

Jameel

60min Light Activity

60min MVPA

180

Jameel loves to get his 2 days of muscle strengthening and 180 minutes of moderate-intensity activity by being outdoors.



FOR ADULTS: 18–64 YEARS

Jameel, 54, has just been diagnosed with high blood pressure. His father died of a heart attack at age 62, so Jameel is determined to get moving to improve his own health. Just to be sure, Jameel talked to his health care provider before starting new activities. These are moderate-intensity activities.

Jameel (man, age 54)

FOR OLDER ADULTS: 65 YEARS AND OLDER

May Ling, age 68, is recently widowed and wants to spend more time being with people. For the first time, she has looked into the activities offered at the retirement community where she lives. She and a friend decided to try badminton and water aerobics for the first time in their lives! On some days of the week May Ling babysits her grandchildren Jamie and Melanie.



May Ling fits in 2 days of muscle strengthening and 165 minutes of MVPA while trying out new activities and spending time with family!

May Ling (woman, age 68)

SUNDAY

MONDAY

Walks Melanie around the park while Jamie plays

May Ling 15min

May Ling
 15min MVPA

TUESDAY

Plays badminton with a friend at the community centre after lunch

May Ling 30min

May Ling
 30min MVPA

WEDNESDAY

Goes to a water aerobics class at the community centre before lunch

May Ling
Muscle Strengthening &
 30min MVPA

May Ling
Muscle Strengthening &
 30min MVPA

THURSDAY

Walks Melanie around the park while Jamie plays

May Ling 30min

May Ling
 30min MVPA

FRIDAY

SATURDAY

Heavy yard work at the community garden in the morning

May Ling
Muscle Strengthening &
 60min MVPA

May Ling
Muscle Strengthening &
 60min MVPA

SUNDAY

MONDAY

Works on his garden before lunch

Juan  30min

Juan
 30min MVPA

TUESDAY

Bikes indoors in the afternoon (10 minutes at a time with 5 minute break in between)

Juan  30min

Juan
 30min MVPA

WEDNESDAY

Works on his garden before lunch

Juan
Muscle Strengthening &
 30min MVPA

Juan
Muscle Strengthening &
 30min MVPA

THURSDAY

FRIDAY

Meets a neighbour every Friday for a brisk walk

Juan  30min

Juan
 30min MVPA

SATURDAY

Works on his garden before lunch

Juan
Muscle Strengthening &
 30min MVPA

Juan
Muscle Strengthening &
 30min MVPA

150

Juan uses his green thumb to get 2 days of muscle strengthening and 150 minutes of MVPA while working on his garden.



FOR OLDER ADULTS: 65 YEARS AND OLDER

Juan just turned 73. He has always been moderately active and wants to stay that way. However, he has retired to a small rural community that doesn't have recreation facilities. So he invested in an indoor bike and planted a garden. These are moderate- and vigorous-intensity activities.

Juan (man, age 73)

Blank Log 1: Early Years

Log #1 is for the Early Years and lists activity examples you and your infant, toddler or preschooler could be doing everyday to be physically active. Try to check as many boxes as you can every day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
INFANT 0-6 MONTHS	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors
INFANT 6-12 MONTHS	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors
TODDLER 1-2 YEARS	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors
PRESCHOOLER 3-4 YEARS	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play

Blank Log 2: Children and Youth

Name

Log #2 is a personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity physical activity accumulated each day. Note the days that you participate in vigorous activity and the days that you do muscle- and bone-strengthening activities. Add them up every week and see if you're meeting the guidelines!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Activity



Total



Total



Total



Total



Total



Total



Total



Blank Log 3: Adults and Older Adults

Log #3 is a personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity aerobic physical activity accumulated each day in bouts of at least 10 minutes and the days that you do muscle- and strength-building activities. Add them up every week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Total 	Total 	Total 	Total 	Total 	Total 	Total 

Acknowledgments



The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, health and fitness research and personal training in Canada. We foster the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science. We are the GOLD STANDARD of health and fitness professionals dedicated to getting Canadians active safely by providing the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research.



The Healthy Active Living and Obesity Research Group (HALO) of the Children's Hospital of Eastern Ontario (CHEO) is a multidisciplinary centre of excellence in Healthy Active Living and Obesity research in children and youth that contributes to the understanding of healthy body weights and prevention of obesity and develops and evaluates innovative strategies to manage and treat obesity and its related health consequences in order to reduce the overall prevalence of obesity and its social burden.



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