

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.



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
- skating
- bike riding
- swimming
- playing outdoors

** **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

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



Healthy activity is safe activity

For more information:

Call 1 888 334-9769 or visit the web-site at www.paguide.com
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

