# 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 SP 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 1 888 334-9769 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/foodquide

Healthy activity is safe activity





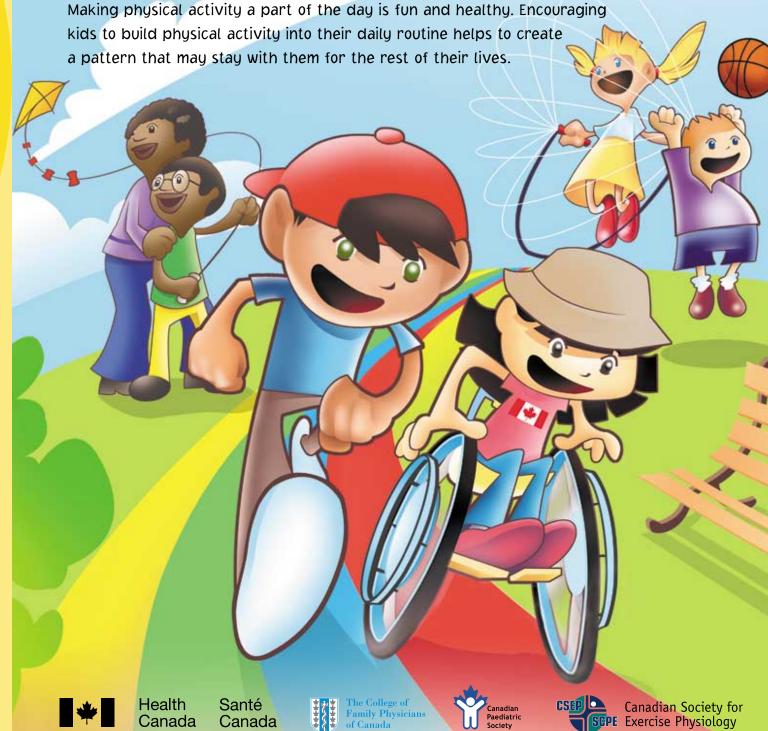




# Canada's PHYSICAL ACTIVITY GUIDE FOR CHILDREN

### **PHYSICAL ACTIVITY IS FUN!**

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



## 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 <b>Increase</b> in moderate* physical activity (Minutes)		Daily <b>Increase</b> 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

runningsoccer

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

