



THINK ACTIVE! BE ACTIVE!

Information and tips for adults (ages 18-64 years)

Physical activity plays an important role in your health, well-being and quality of life. Improve your health by being active as part of a healthy lifestyle. Move more!

Be active at least 2.5 hours a week to achieve health benefits.

Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.

Get stronger by adding activities that target your muscles and bones at least two days per week.

Any amount of physical activity will do you some good, but to achieve greater health benefits, do more.

Every step counts!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommended levels.

What is moderate to vigorous aerobic activity?

On a scale of 0-10 (with 0 being completely at rest and 10 being absolute maximum effort), moderate-intensity aerobic activity is a 5 or 6. It will make you breathe harder and your heart beat faster. You should be able to talk, but not sing.

Examples of moderate activity include walking quickly, skating and bike riding.

Vigorous-intensity activity is a 7 or 8. Your heart rate will increase quite a bit and you'll be breathing hard enough that you won't be able to say more than a few words without needing to catch your breath.

Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles. Examples of muscle-strengthening activities include doing push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden. With bone-strengthening activities, your muscles push against your bones, helping make your bones stronger. Examples of bone-strengthening activities include running, walking and yoga.

Live longer! Live healthier!

Physical activity is an important part of a healthy lifestyle. Regular physical activity can help to reduce the risk of premature death and chronic diseases such as coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type 2 diabetes and osteoporosis.

Feel better!

Regular physical activity can improve your overall sense of well-being by improving fitness levels and self-esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

What can you do to get active?

Get into a routine – go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.

Move yourself – use active transportation to get places. Walk, bike, run instead of taking the car whenever you can.

Join a team – take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.

Tips to help you get active

Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you. Build them into your daily routine.

Set a goal and make a plan — pick a time, pick a place and get active. Book a date with a friend to keep on track.

Challenging yourself and your activity partner will help you both meet your goals.

Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.

Limit the time you spend watching TV or sitting in front of a computer during leisure time.

Building physical activity into your daily routine can help you increase your activity levels. For example, walk to work or carry your groceries. Be creative, be active!

If you have kids, check if the exercise facilities you are considering have childcare options.

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 18-64 years who do not have a suspected or diagnosed medical condition. These guidelines may be appropriate if you are pregnant. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.