

Canada's Physical Activity Guidelines

Canada's Physical Activity Guide to Healthy Active Living is a great tool to help us all be a little more active. More than 2/3 (66%) of Canadians do not get enough physical activity, and this guide is designed to "move" us into a more active lifestyle.

Recently there have been some new, simpler recommendations put forward by the Canadian Society for Exercise Physiology. **These guidelines replace the frequency, duration and intensity recommendations on the current Physical Activity Guide.** You can use these new guidelines with Canada's Physical Activity Guide to step up your physical activity level.

Recommendations for Adults (18 and above)

- ❑ Adults should get at least **150 minutes/week** of **moderate** intensity physical activity (such as brisk walking, swimming or raking leaves).
- ❑ This can be achieved in a variety of ways, for example, 30 minutes 5 days /week.
- ❑ Activity can be broken into shorter bouts at least 10 minutes long.
- ❑ If activity is **vigorous** (such as jogging, fast swimming), health benefits can be achieved **with 90 minutes/week**.
- ❑ In general, the more time spent being active and the more intense the activity, the better.
- ❑ **For older adults (65 +), only those who are used to being active should engage in vigorous activity.**

See Canada's Physical Activity Guide for more information on the intensity levels of various activities, the three different types of physical activity, and the health benefits of active living.



Chair Exercise Information

There is a program on PBS called "**Sit and Be Fit**". Videos/dvds are available for sale at their website.

www.sitandbenefit.org

Another website that is Canadian (in BC) also has chair exercises:

http://www.hilinevideoworks.com/product_info.php?cPath=23&products_id=63

This website also has chair exercises: www.goldenyearsvideos.com

The resistance chair exercise system: <http://ca.fitter1.com/resistance-chair.html>

PDF file on some gentle exercises developed for people with diabetes that may be useful:

<http://www.stjosham.on.ca/patientedu/pdf/PD%205131%20Diabetes%20-%20chair%20exercises.pdf>

Contact your local YMCA to see if they have any modified physical activity programs for people with reduced mobility.

General Fitness Video Information

Fitness videos/dvds are usually available through Chapters/Indigo stores or on their website; Best Buy; or video rental/sale stores (e.g. Blockbuster).

There are many different types and instructors, but Kathy Smith videos are generally rated highly.

