

# 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!

- |                                                                                        |                                                                                                   |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> Join a weekday community running or walking group. | <input checked="" type="checkbox"/> Rake the lawn, and then offer to do the same for a neighbour. |
| <input checked="" type="checkbox"/> Go for a brisk walk around the block after dinner. | <input checked="" type="checkbox"/> Train for and participate in a run or walk for charity!       |
| <input checked="" type="checkbox"/> Take a dance class after work.                     | <input checked="" type="checkbox"/> Take up a favourite sport again or try a new sport.           |
| <input checked="" type="checkbox"/> Bike or walk to work every day.                    | <input checked="" type="checkbox"/> Be active with the family on the weekend!                     |

**Now is the time. Walk, run,  
or wheel, and embrace life.**

