



PHYSICAL ACTIVITY FOR ADULTS AND CHILDREN



An active lifestyle with regular low, moderate and high intensity exercise is important for everyone. Improve your health and that of your family by being active as part of a healthy lifestyle.

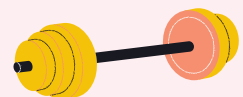
Regular exercise may help*

- Maintain a healthy body weight
- Lower the risk of diabetes, hypertension and heart diseases
- Reduce symptoms of depression, anxiety and stress
- Ensure healthy growth and development in children
- Enhance thinking, learning, and judgment skill



General Recommendations*

- 1 Adults should do at least 150-300 minutes of moderate intensity physical activity per week
- 2 Or at least 75-150 minutes of high intensity physical activity per week or a combination of both
- 3 Adults should do muscle strengthening activities at least two days a week
- 4 Children should have at least 60 minutes of exercise daily
- 5 Children should incorporate high intensity activity, as well as those that strengthen muscle and bone, at least 3 days a week
- 6 Everyone should limit the amount of time spent being sedentary



Tips for physical activity for adults and children**

Drink extra fluid before, during and after exercise to avoid dehydration.



- Set a goal
- Plan your physical activities in advance
- Get into a healthy routine
- Every step counts

Choose a variety of activities you enjoy. Try different activities until you find the ones that feel right for you.

Not only during school hours, but also after school and during the weekends are good opportunities to be physically active. Encourage your children to choose sports/activities they enjoy, and if possible find ways of commuting actively to work/school.

*WHO, (2020), Physical Activity: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

**Government of Canada, (2015), Being Active: <https://www.canada.ca/en/public-health/services/being-active.html>

