



# 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 <b>INCREASE</b> in physical activity (Minutes)	Daily <b>DECREASE</b> 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  
 • running • soccer

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