

Physical Activity – What and How Much

physical activity

Guidelines

- To achieve health benefits, the [Canadian Society for Exercise Physiology](#) recommends adults aged 18-64 should accumulate at least **150 minutes** (2.5 hours) of **moderate-to-vigorous intensity aerobic activity** per week, broken into sessions 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.

Intensity

- **Moderate** intensity activities (such as brisk walking and cycling) will cause you to sweat a little and to breathe harder. You should be able to talk but not sing your favourite song.
- **Vigorous** intensity activities (such as jogging and cross-country skiing) will cause you to sweat and be 'out of breath.' You won't be able to say more than a few words without pausing for a breath.

What kind of activity?

Being active can mean doing all kinds of physical activities. Choose activities to build endurance, flexibility and strength. Choose something you enjoy so that you stick with it.

- **Aerobic activities.** These activities help your heart, lungs and circulatory system stay healthy. They also give you more energy. They include walking, jogging, biking, swimming and dancing as well as exercising in organized programs and playing recreational sports. Aim to include aerobic activities for at least 150 minutes per week.
- **Strength activities.** These activities help your muscles and bones stay strong. To ensure good overall strength, try to do a combination of activities that work different muscles in your body. Lifting weights and doing sit-ups, push-ups or carrying heavy loads are all examples of strength activities. Aim to include muscle or bone strength activities at least two days a week.
- **Flexibility activities.** These activities help you to move easily. They keep your muscles relaxed and your joints mobile. Reaching, bending, stretching, yoga, gardening and Tai Chi are all flexibility activities.

Sources: [Canadian Society for Exercise Physiology](#); [ParticipACTION](#)