

PHYSICAL ACTIVITY GUIDELINES

NOW IS THE TIME.
WALK, RUN OR WHEEL AND
EMBRACE LIFE.

GUIDELINES FOR ADULTS 18 YEARS+

Accumulate at least 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

Add muscle and bone strengthening activities using major muscle groups at least 2 days per week.

More physical activity provides greater health benefits.

INTENSITY

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder.

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'.

- Jogging
- Cross-country skiing

Canadian Society for Exercise Physiology