

Physical Activity Guidelines

Canadian Physical Activity Guidelines (18-64 years)



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 daily physical activity provides greater health benefits.

Canadian Physical Activity Guidelines (65 years and older)



To achieve health benefits and improve functional abilities, adults aged 65 years and older 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.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More daily physical activity provides greater health benefits.

Setting Goals For Physical Activity

Setting goals is an important way to help increase your physical activity.

The following pages will help you:

- 1) Learn how active you are now
- 2) Set SMART goals

Answer the following; write you answer in the space provided.

What are you doing NOW?

What activities do you do now?

How often during the week are you active? (Once a week? Twice a week? Daily?)

How long are your physical activity sessions? (15 minutes or less? Only a few minutes each time? 30 minutes or more?)

What activities would you LIKE to do?

What physical activities do you enjoy doing and find fun?

Are there activities that you are willing to try?

Setting SMART goals

SMART goals are goals that are right for you; see below on how to set a SMART goal

	Description	Example
S	SPECIFIC Describe your goal clearly	Walk 15 minutes/day x 5 days/week fast enough to increase breathing
M	MEASURABLE How will you track the activity?	I will record how long I walked and the date of each walk
A	ACHIEVABLE Can you meet this goal?	Yes, I will increase the amount of time I walk each week to reach 30 minutes
R	REWARDING Is this goal meaningful or rewarding to you?	Yes, I will see many health benefits that are important to me
T	REALISTIC TIMEFRAME How long will it take to reach this goal?	Yes, I would like to reach my goal in 6 months

My own SMART chart

Use this as a tool to help you set your goals – choose a goal that focuses on doing the **activity** (such as walking), rather than the **result** (such as weight loss).

S	<i>SPECIFIC</i>	
M	<i>MEASURABLE</i>	
A	<i>ACHIEVABLE</i>	
R	<i>REWARDING</i>	
T	<i>REALISTIC TIMEFRAME</i>	

Questions for Reflection

- 1) What challenges might there be along the way to making this change?
- 2) What can I do to overcome these challenges?
- 3) Who and what can support me in making my chosen behaviour happen?
- 4) How difficult do I expect this behavior to be? (Rate 1-10)
- 5) How enjoyable/rewarding do I expect this behaviour to be? (Rate 1-10)