

Physical Wellness

Keep Moving!

More daily physical activity = Greater health benefits

It is now more important than ever before to find ways to get up, move and have fun! No matter your age, physical activity is a critical part of maintaining a healthy lifestyle. By creating and following an active routine, you can help keep your immune system healthy, improve your sleep and boost your emotional wellbeing.



Children (5 to 11 years old)

Children aged 5 to 11 years should do at least 60 minutes of moderate to high energy physical activity daily. Mix up activities so children can get their hearts pumping and build coordination, balance and flexibility. Rethink recess and plan movement breaks in 10 to 20-minute blocks to keep fit and have fun! Some suggested activities follow. Mix it up!

Fun Fact!

Exercise builds more than muscles. It also builds confident and happy people!

| Moderate Aerobic (Daily) | Vigorous Aerobic (3 days per week) | Muscle and Bone Strengthening (3 days per week) |
|--------------------------|------------------------------------|---|
| Bike | Skip | Tug of War |
| Dance | Run | Jump Rope |
| Balloon Toss | Bike (fast/long period) | Simon Says |
| Obstacle Course | Hockey (mini sticks) | Circuit of jumping jacks, squats, sit ups, push-ups, etc. |
| Hopscotch | Basketball (with family) | Cheerleading |

Youth (12 to 17 years old)

Like the 5 to 11-year-old category, those 12 to 17 years in age should have a minimum of 60 minutes per day of physical activity to maintain and improve their overall health. This should include both vigorous and muscle strengthening activities 3 days per week. Some suggested activities follow. Break it up!

Fun Fact!

Movement melts more than fat. It can reduce stress and lower symptoms of anxiety and depression!

| Moderate Aerobic (Daily) | Vigorous Aerobic (3 days per week) | Muscle and Bone Strengthening (3 days per week) |
|--------------------------|------------------------------------|---|
| Brisk Walk | Aerobic Dance | Circuit of lunges, burpees, jumps |
| Roller Blade | Martial Arts | Resistance Training |
| Skate Board | Climb stairs | Lift Weights |
| Dance | Soccer (with family) | Gymnastics |
| Mow Lawn | Hike (uphill) | Volleyball (with family) |

Adults (18 to 64 years old)

Adults in this age group should participate in aerobic type exercises 150 minutes per week. This weekly schedule should include muscle and bone strengthening exercises twice a week for greater health benefits. Some suggested activities follow. Frequent activity breaks can really add up!

Fun Fact!

Regular physical activity can energize you and it can help you sleep better!

| Moderate Aerobic (75 mins. per week) | Vigorous Aerobic (75 mins. per week) | Muscle and Bone Strengthening (2 days per week) |
|--------------------------------------|--------------------------------------|---|
| Work in garden | Heavy garden work – digging, raking | Strength training |
| Housework | Run or race-walk | Yoga |
| General building tasks | Cycling - uphill | Online fitness classes |
| Hike in the woods | Hula hoop | Dance |
| Brisk walk | Boxercise | Jump rope |

Resources

Physical (Well-Being): [Indigenous EarlyON Darebee: Cardio and core fitness programs P.E. with Joe: Daily home workout video for kids](#)
 What Moms Love: [87 Energy-Busting Indoor Games & Activities For Kids](#)

References

csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf
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cbc.ca/news/health/nature-health-1.5128482