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Physical Activity

Summer is in the air - everyone is counting down the days to summer holidays. Camping trips, bike-rides and relaxing in the backyard enjoying the sun are all days folks are looking forward to!

What are the summer activities you and your family partake in? Are you getting enough exercise to combat the hours sitting around eating BBQ picnics and drinking lemonade?

This article outlines and gives tips on how to achieve the new Canadian Physical Activity Guidelines that were released this year by The Canadian Society for Exercise Physiology.

For children (5-11 yrs) and teens (12-17 yrs) being active helps them grow stronger, improve their self-confidence, feel happier, do better in school and maintain a healthy body weight. At least 60 minutes

of moderate-to-vigorous physical activity per day is recommended for both of these age groups. Some great activities for children include: playing tag, going for a bike-ride and "puddle hopping" after a rain storm. Teenagers can achieve their daily activity through rollerblading, street hockey, swimming and golfing. Strive to dedicate at least 3 days per week to vigorous-intensity activity and another 3 days per week for activity that strengthens bone and muscle.

Adults (18-64 yrs) and older adults (65 yrs +) are advised to engage in 150 minutes per week of moderate-to-vigorous physical activity. At least 2 days per week, muscle and bone strengthening activities should be performed. Whether you train for a run, rake the lawn, try a new sport or take up a favorite one again - there are lots of choices. Maybe you can spark your romance by taking a dance class or a sunset walk after dinner! Physical activity can help to reduce the risk of heart disease, high blood pressure, type 2 diabetes, osteoporosis, and can improve fitness, strength, mobility, body weight and mental health.

Moderate-intensity activity should cause the individual to "sweat-a-little" and breathe hard. Whereas vigorous activity will cause the individual to be

"out of breath" and sweating.

Remember the more daily physical activity you partake in, the greater the health benefits!

Embrace today and take the time to be active - as a parent, encourage your child and perform activities with them! Be active as a family on the

weekend or perhaps skip the usual TV/video game routine for a family game of soccer in the backyard. Whether it is running, walking or wheeling, make it an enjoyable experience!

Questions or want more information? Call us at the office or check out www.csep.ca/guidelines.

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