



in motion
Walking Workout
Walking Your Way to Health



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Manitoba *in motion*

In motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment.

Most of us already know the importance of active living. Physical activity increases energy, reduces stress, strengthens the heart and lungs and helps us reach and maintain a healthy body weight. The result is a better quality of life for people of all ages.

Yet less than half of all Manitobans get enough physical activity to gain those health benefits.

The provincial government has joined with community partners in health, healthy living, recreation, sport and education to raise activity levels and reduce barriers to physical activity.

Support is available to help schools, communities and workplaces develop action plans to get "in motion."

For more information call 945-3648 in Winnipeg; 1-866-788-3648 toll free in Manitoba; e-mail inmotion@gov.mb.ca; or visit the website www.manitobainmotion.ca.

Walking Your Way to Health

Walking is the most popular form of physical activity in Canada. It's an economical, easy way to be active for a lifetime. Walking provides many health and fitness benefits. Chances are, since you've been walking most of your life, you're likely an expert at it already! You won't need any special equipment or lessons—just a good pair of walking shoes. Walking is a natural movement that's virtually injury free. Walking can also be done for any length of time to suit your schedule. Best of all, it's an activity you can enjoy by yourself or with friends and family.

The *in motion* Walking Workout is set up to help you meet your physical activity goals based on your current level of activity. There is a walking program for beginners (those who are relatively inactive), intermediates (those who are moderately active) and advanced (those who are already active and looking for a challenge). We have tips and suggestions to help you get started, stay motivated and challenge yourself.

Why Should I Walk?

- Walking refreshes your mind and increases energy.
- Walking relieves stress and tension.
- Walking briskly is an aerobic activity, which helps your heart, lungs and muscles work more efficiently.
- Walking is low-impact.
- Regular walking, along with eating a healthy diet, will help you maintain a healthy weight and positive body image.
- Walking can be a social activity with friends and family; or a solitary, relaxing time.

At the end of the Walking Workout, I will:

- Feel better.
- Be on my way to forming the habit of walking.
- Have found ways to deal with my excuses for not being active.
- Be able to walk faster and longer.
- Show signs of improved muscle tone and increased energy.
- Know that walking is fun, easy and convenient.

Stepping Out

10 ways to get started

1. Get off the couch.
2. Tell yourself you can do it.
3. Take control.
4. Set goals.
5. Create an action plan.
6. Buy a new pair of runners.
7. Find an activity partner.
8. Start with light activity.
9. Try something new.
10. Reward yourself.

What to Wear

Walking equipment is a lot less expensive than most sports. Light clothing, appropriate for the weather and a good pair of walking shoes are all you need. Dress in light, loose, soft clothing.

Suggestions for warm weather:

- light-coloured t-shirt (synthetic fabrics are good choices because they wick away moisture from the skin)
- sweatshirt or windbreaker for cooler days
- loose shorts
- breathable socks
- walking shoes
- hat
- sunscreen
- sunglasses

When the weather is cold, dress in layers; you can always remove a layer if you get too hot. A breathable nylon shell jacket and pants will help keep the wind and cold out. Try to avoid cotton or tightly woven fabrics as they absorb and retain moisture leading to heat loss. Start with a thin layer of a synthetic fabric to wick moisture away from the skin and then add a fleece layer.

Suggestions for cold weather:

- long underwear
- breathable nylon jacket and pants
- fleece sweatshirt
- wool or fleece hat (heat loss from the head alone is about 40 to 50%)
- wool or fleece socks (you can also add a wicking sock liner, but make sure there is enough room in your shoes to allow for this)

- mittens
- scarf to cover your mouth and nose when it's really cold
- sunglasses

Warm-up and Cool-down

Warm-up

Warm up your body by starting with light walking and gradually progressing into a brisk but comfortable pace. After about five minutes, you can add some range of motion activities for the joints such as shoulder and ankle rolls, hip rotations and some mild static stretches.

Choose mild static stretches for:

- calf area
- hamstrings (back of thighs) and gluteals (buttocks)
- quadriceps (front of thighs) and hip flexor area

See pages 7-9 for examples. Move slowly into the stretch and stop at the point where you feel a mild tension in the muscles you are stretching. Hold the position for 10 to 15 seconds. Repeat 1 to 2 more times.

Note: Stretching in the warm-up is not intended to improve your level of flexibility. It prepares the muscles and surrounding tissues for continuous movement. The best time to work on improving your flexibility is during the cool-down period when your muscles are very warm from the walking activity.

Cool-down

A cool-down is as important as a warm-up. Abruptly stopping an activity may cause cramps, soreness and other problems. The cool-down will help your body return to its normal state by gradually reducing the body's temperature and heart rate.

Repeat what you did in your warm-up (light walking for about five minutes, followed by static stretching).

Stretching:

- Helps prevent muscular aches and pains.
- Improves posture and can reduce neck and lower back discomfort.
- Promotes greater flexibility so you can enjoy more activities with less fear of injury.
- Revitalizes the mind, reduces fatigue and increases energy.
- Relieves stress and tension.

Stretches

General Tips:

- Breathe easily and relax. Try to avoid holding your breath.
- Tune into your body. Focus on the muscles being stretched.
- Hold each stretch for about 15 to 30 seconds. Repeat 2 to 3 times.
- The stretch feeling should subside slightly as you hold the stretch. A stretch should not feel painful.

Buttocks Stretch

Lie on your back and cross legs, placing one ankle on the opposite knee as shown. Use the flexed leg to push the crossed leg towards your upper body until you feel a stretch in the buttocks.



Note: Standing and Sitting Variations: Stand with feet slightly apart. Place one foot across the thigh of the opposite leg to create a 'figure 4' position. Squat down slightly. Hold onto a chair for balance. Stand up and repeat the motion with the opposite leg.

This can also be done while sitting. Place one foot across the opposite leg to create a "figure 4" position. Lean forward slightly to feel a stretch.



Inner thigh/groin Stretch

Sit tall with the soles of your feet together. Allow your knees to ease down towards the floor, until you feel a stretch along the groin region.

Note: Standing Variation (Side Lunge): Stand with legs slightly wider than shoulder width apart, feet pointing straight ahead, hands on hips. Shift weight over one leg, causing the knee to bend a little. Keep the other leg straight with your foot flat on the floor. Keep upper body tall (do not lean forwards or backwards). Hold. Repeat on other side.

Hamstring (back of thigh) Stretch

Lie flat on the floor with knees flexed to 90 degrees and back flat on the floor. Slowly raise and straighten one leg, grasping it loosely behind the thigh with both hands.

Note: Standing Option: Facing a chair, extend one leg and place foot on the chair seat. Keep hips and feet facing forward. Keep the back straight and lean forward from the hips to increase the stretch in the back of the thigh. Hold. Repeat with other leg.



Note: Sitting Option: While sitting in a chair, extend one leg in front of you, keeping the heel on the floor. Slowly bend forward from the hips. Hold. Change leg positions and repeat.

Standing Quadriceps (front of thigh) Stretch

Stand with one hand on the wall for balance. Bring foot up towards your buttocks. Grasp the ankle, gently pull up until a stretch is felt along the front of your thigh. Keep knees side by side.

Hip Flexor Stretch

Kneel on the floor with one leg bent and the other leg extended behind you, as shown. Keeping your back straight, slowly bend the lead leg until a stretch is felt along the bent leg's hip area. Push hip slightly forward to feel the stretch. Do not lean forward or bend the lead leg more than 90 degrees.



Calf Stretch

Stand three to four feet from a wall with feet in the position shown and perpendicular to the wall. Place forearms against the wall, shoulder height and lean against them. Maintain a straight line through the spine, keeping the back heel pressed to the ground, stretching your calf muscle.



Choosing a Walking Program

A walking workout program can be started on a small scale and increased in difficulty and endurance as your strength increases. There is an ideal walking workout for everyone. Here are two programs that you can use. Program #1 – *One Step at a Time*, tracks the steps that you take; and Program #2 – *Going the Distance*, tracks the distance and time you walk.

Setting Goals

People who set goals are more likely to make positive changes in their lives. When setting a goal, it is helpful to follow the S.M.A.R.T. principle. The goal should be specific, measurable, adjustable, realistic, and timely:

Specific – Provide enough detail so that you know exactly what you should be doing and when you should be doing it.

Measurable – Build a way to measure your progress into your workout plan. This will help you see how well you are progressing.

Adjustable – There are simply some things you cannot control. When a situation like this arises, don't give up, just make some adjustments and keep going.

Realistic – Make sure your goal is difficult enough to give you a challenge, but easy enough to be successful.

Timely – If you don't give yourself a specific timeframe to achieve the goal, you may never meet it. Be realistic about how long it will take to meet the goal and make a plan.

Program #1 – One Step at a Time

What is a pedometer?

A pedometer is a device that counts the number of steps you take throughout your day. It is a fun way to monitor your daily physical activity and can help you set your goals.

If you are just starting to be active, a pedometer gives you instant feedback and can motivate you to take an extra 10-minute walk when you are only 1,000 steps from your goal. You even get credit for your steps throughout the day, including your activity at home, work and school.

The type of pedometer you use is up to you. The simplest and least expensive ones display the steps and/or distance you cover. This is all you really need to keep track of. There are also models that have display options such as speed, calories burned, steps per minute and pulse rate. What is most important is that you use a pedometer that is comfortable and easy to use.

Note: Most pedometers use a watch-type battery and you may have to change it from time to time.

How do I use a pedometer?

Position

- Clip the pedometer to your belt or the waistband of your shorts or pants, as close to the hip bone as possible. It should be positioned directly above your knee, on the side of the hand you normally write with.
- Keep it as straight as possible (parallel to the ground). Sometimes the pedometer can shift as you move during the day, be sure to check the position of your pedometer so it can accurately record your daily steps.
- Attach the strap to a belt loop or pocket to avoid accidentally losing or dropping it.
- Keep the cover closed, it doesn't record properly when open.
- Reset your pedometer by pressing and holding the 'reset' button to clear your step total at the end of the day or first thing in the morning.

Activities

- Pedometers work best when walking or jogging. Pedometers aren't recommended while playing sports. You run the risk of breaking it during contact or dropping it on the floor.

- Ten minutes of walking at a moderate pace = approximately one kilometre.
- On average one kilometre of moderately paced walking = approximately 1250 steps.

How do I start?

Figure out how many steps you already average in a day. You will want to have a test period of at least three days to determine your average steps per day. Make sure one of the days is on a weekend (you tend to be more active on the weekend!). Wear your pedometer from the time you wake up to the time you go to bed. Once you know how many steps you have taken each day, average the days and find your starting point to set your goal.

How do I set my goal steps?

The following lists the daily averages for different groups:

Highly active (children, youth and fit adults)	10,000 – 16,000
Active adults	10,000
Somewhat active (older adults)	7,000 – 10,000
Less active adults	4,000 – 7,000

Set an initial goal to increase your number of daily steps by 500 each week. For example, if your baseline is 3,000 steps in week 1, your goal for week 2 would be 3,500 steps. For week 3 it would be 4,000 steps. Gradually increase your steps to an additional 2,500 to 3,000 steps per day. Remember to set a goal that suits your activity level. The key is to start slowly and think of ways to be active throughout your day.

How do I chart my progress?

- Clip on your pedometer when you wake up in the morning.
- Try to be active throughout the day. Even small amounts of physical activity add up. Be active in 10-minute segments.
- At the end of the day, record your activity. You can photocopy the chart on the next page or create your own. Record how long you were active (time) and the distance you went or activity you did, and the number or steps you took.
- Post your activity chart in a visible location. This will not only help motivate you, but it will be a great reminder.
- Encourage your entire family to participate. At the end of each month, celebrate your successes.
- Find a buddy to be active with or start a community (neighbourhood) walking club.

Step Tracker - Weekly Walking Log

Week	1	2	3	4	5	6	7	8	9	10
Daily Step/Time Goal										
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Daily Average (weekly total divided by 7)										

Program #2 – Going the Distance

Keep track of your progress online at www.manitobainmotion.ca/about/walkingworkout

Self Assessment

To choose the *in motion* Walking Program best suited for your needs, refer to the following chart. This will give you a place to start.

Check off the rating for your level of activity.
Add frequency plus intensity plus time (duration).
Refer to the chart below to show your starting level.

Example: A person who exercises one to two times per week (15 points), doing a moderate activity such as going for a bike ride (15 points), for 20 to 30 minutes (20 points) would calculate the activity as: 15+15+20=50 points. A score of 50 indicates your level of activity is Acceptable and you should start with the moderate walking program.

	Rating points	Activity
Frequency (How often do I do physical activity?)	35	daily or almost daily
	25	three to five times per week
	15	one to two times per week
	6	a few times per month
	1	less than once a month
Intensity (How hard do I work?)	35	sustained heavy breathing & perspiration (ex: jogging)
	25	intermittent heavy breathing
	15	moderately heavy (ex: recreational sports, cycling)
	6	moderate (ex: volleyball, softball)
	1	light (ex: fishing, strolling)
Time (How long do I do physical activity each time?)	30	over 30 minutes
	20	21 to 30 minutes
	10	10 to 20 minutes
	3	under 10 minutes

Frequency	_____	Score	Evaluation	Recommended Walking Program
Intensity	_____	81 to 100	Very Active	Vigorous
Time	_____	61 to 80	Active	Vigorous
Score:	_____	41 to 60	Acceptable	Moderate
		20 to 40	Inactive	Light
		Under 20	Sedentary	Light

Walking Plans

It is important for you to progress at a comfortable rate. You may find that what is recommended is too challenging for you, or it may not be challenging enough. Participate at a rate that suits your individual goals and abilities. Photocopy these workout charts or print them from: www.manitobainmotion.ca/walkingworkout/. Post them at home, at work, wherever you think you may be able to fit in a walk.

Light Activity

This walking workout is recommended for people who are looking for a light physical workout. It takes you through a logical progression to increase your fitness level. Once you have completed this workout, you will be ready to move on to the next level.

Light Walking Workout

Week	Distance (km)	Time	# of times/week
1	0.8	13 min	3-4
2	1.6	20 min	3-4
3	1.6	19 min	3-4
4	2.4	26 min	3-4
5	2.4	24 min	4-5
6	3.2	32 min	4-5
7	3.2	31 min	4-5
8	4.0	38 min	4-5
9	3.6	31 min	5
10	4.4	37 min	5
11	4.4	37 min	5
12	4.8	41 min	5
13	4.8	40 min	5

Moderate Activity

This walking workout is recommended for people looking for a moderate physical workout. The moderate program has been designed to keep you active enough for health benefits and get you ready for a vigorous activity workout.

Moderate Walking Workout

Week	Distance (km)	Time	# of times/week
1	1.6	15 min	3-4
2	1.6	15 min	4-5
3	2.4	23 min	4-5
4	2.4	22 min	4-5
5	3.2	30 min	4-5
6	3.2	29 min	4-5
7	4.0	38 min	5
8	4.0	37 min	5
9	4.8	41 min	5
10	5.6	46 min	5

Vigorous Activity

This walking workout is intended to challenge you in distance and time. If you are already participating in regular, vigorous activities on a regular basis, you are already receiving the health benefits. This workout provides an option or an addition to your activity routine.

Vigorous Walking Workout

Week	Distance (km)	Time	# of times/week
1	3.2	28 min	4-5
2	3.6	31 min	5
3	3.6	31 min	5
4	4.4	37 min	5
5	4.4	37 min	5
6	4.4	37 min	5
7	4.8	41 min	5
8	6.4	55 min	4

Keep Stepping

Safety tips

- If you have been inactive, check with your doctor before beginning to exercise.
- Pay attention to your body's signals. It is better to take a break or to slow down, rather than push too hard.
- It is often better to exercise longer rather than harder.
- Begin your program slowly and allow your body to get used to a new level of activity.
- Don't be alarmed if you have some stiffness for the first couple of days; this will soon pass.
- If you can't walk and talk without becoming breathless, slow down.
- Do proper warm-up and cool-down exercises.
- Drink small amounts of water before, during and after your walk, particularly in warm weather when you are sweating heavily.
- If walking alone, tell someone your route and expected time of return.
- Walk during the day or on well-lit streets.
- Always walk facing traffic.
- Carry identification with you.
- Keep 50¢ with you in case you need to use a pay phone.
- Wear reflective clothing or a reflective arm/leg band.
- Don't wear jewellery.
- Avoid unpopulated areas, deserted streets and overgrown trails.
- Stay alert. The more aware you are, the less vulnerable you are.

Excuse busters

"I don't have time to walk."

When you feel you don't have the time in the day to set aside a specific time to walk, do what you can. Try to use shorter amounts of time where walking naturally fits into your schedule. Take a quick look at your calendar and check off the places where you could walk instead of drive.

"Walking is boring."

Add some fun to your walk to keep you motivated. Invite friends to join you for a walk after dinner. Include walking meetings at work. Take a personal radio or CD player to listen to your favourite music at a volume low enough to be aware of your surroundings.

"I am too tired."

After a long day, nothing is more inviting than resting on the couch and watching some TV or reading a book, but going for a walk can revitalize you. Walking daily can boost your energy, reduce tension and promote better sleep.

How to keep motivated

Keep in mind that the very nature of starting an exercise program means making some adjustments to your lifestyle, but the results will be well worth the effort. Here are some tips to make things easier.

- Try to determine the best times for you to get away and schedule your walks accordingly.
- Start small and don't worry about your long-term goals. Just do what you can within your busy schedule.
- Be patient. It takes time for a lifestyle change to become a habit, but it will happen.
- Expect some setbacks. Until walking becomes a routine for you, it is normal to fall off the wagon. The important thing is to hop right back on again as soon as you can.
- Be creative in planning your workouts. Use normal down time or waiting time to get in your walk.
- Vary your workouts. Going the same distance or using the same route every day can lead to boredom. Change the time of day or go a different direction.
- Go with a friend, or two, or three. You can motivate each other.
- Keep a progress chart. It helps to keep you motivated and shows your progress.
- Reward milestones.
- Start a walking club.
- Participate in local charity/community walks.
- Walk inside if the weather is bad.
- Take a portable audio device to listen to your favourite music or an audio book from your local library.

Stepping it Up

Ways to increase your steps

- Hide your TV remote, get up to change the channel.
- Window shop.
- Plan a walking meeting.
- Round up your family members and head out on the trails.
- Take a walk after dinner.
- Use the stairs instead of the elevator.
- Walk up the escalator.
- Walk the dog. If you don't have one, borrow your neighbour's.
- Get off the bus a stop earlier and walk the rest of the way.
- Explore your neighbourhood on foot.
- Walk your kids to school or start a walking school bus.
- Take the entire family for a walk to the library or nearby park.
- Get outside to mow the lawn, rake the leaves, or shovel the snow.
- When at work, walk your message over to your co-worker's desk.
- Take a walking break instead of a coffee break.
- Wash your car by hand.
- Put on some great music when cleaning.
- Learn a new dance.
- Teach your kids some of the old games, like hide and seek or hop scotch.
- Visit the **Manitoba *in motion*** website at www.manitobainmotion.ca for more tips.

Improving

If you are ready to increase the difficulty, here are some ideas:

- As you become stronger, take fewer breaks.
- Add timed intervals of moderate to fast pace (ex: 30 seconds fast, one minute moderate).
- Increase the length of your brisk walk, if you have the time.
- Find a route that includes some hills.
- Walk in a shallow pool to increase the difficulty of your walk. It is also easier on the joints.

Healthy eating tips

Healthy eating provides the same health benefits as being “in motion.” Together, healthy eating and physical activity give you the greatest success for a healthy lifestyle. It’s simple to make healthy eating part of your lifestyle.

For more information on healthy eating visit:

Manitoba Healthy Living, Youth and Seniors

www.manitoba.ca/healthyliving/nutrition.html

Canada’s Food Guide to Healthy Eating

www.healthcanada.gc.ca/foodguide

Dietitians of Canada

www.dietitians.ca

Starting a Walking Club

Walking clubs are easy to organize and a great way to encourage others to get active. Clubs can include people of all physical activity levels. Here is some general information on walking clubs and some suggestions on how to start your own. Please refer to the *in motion Walking Clubs - A Step in the Right Direction* handbook for more ideas. Available at www.manitobainmotion.ca.

Setting up a Walking Group

- Make it fun, easy and accessible.
- Start gradually, keep it simple at first. Your club could be informal to start and become more structured as the need arises.
- Remember that not everyone will be at the same fitness levels or be able to walk at the same pace. If you have a large group, what you may want to do is to divide the main group into sub-groups according to levels. This doesn’t mean that participants need to stay at their chosen starting levels. Encourage people to move into different groups as their stamina improves.

Promoting your Club

- Brainstorm ways to communicate information about your walking group.
- Word-of-mouth can be very effective. Find people who may be interested and have them pass on the word.
- Put up a poster with the day and time you are walking.

The Basics

Set a time

- Try to set accessible meeting times and locations for your club members.
- Meeting at the same location and time can encourage setting a regular routine.

Set a route

- Before starting, set your route. Sometimes it's easier to base it on time rather than distance. If you want to know the distance, use your car or a pedometer to measure it. Remember, the faster you are moving, the more distance your route will have to cover.
- If possible, have a back-up indoor route for bad weather. That way your group can still walk regularly.
- Post maps of the walking circuit you will take. You may want to consider varying the route to keep up interest.
- Watch out for routes that are less than ideal (for example, poor surface conditions, busy roads, unsafe surroundings, difficult). Safety is always a key factor.
- Offer a 20 minute outdoor walking route or a longer route if you have more experienced walkers.

Motivational Tips

- Put a huge chart up in a common area where everyone can chart his/her progress. Most of the time we are each other's best motivators.
- Invite someone from a local sports store to come and talk about types of walking shoes.
- Ask a fitness facility to provide an instructor to do a workshop on walking technique, to help you get started.
- Substitute other activities for your club, depending on the interest and season. Think about a cycling club, triathlon club, or an inline skating club.
- Set up a challenge or a co-operative activity to achieve a team goal (for example, track the number of kilometres walked to meet a goal like walking around Manitoba or across Canada).
- Have a contest to come up with a creative name for your walking club.
- To create a fun look for your club members buy **in motion** T-shirts for your walkers through Manitoba **in motion**. For more information call 945-3648 in Winnipeg; or toll free at 1-866-788-3648.
- Offer incentives such as Manitoba **in motion** certificates of recognition.

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their child's daily activity. Kids can:

- Play tag – or freeze-tag!
- Go to the playground after school.
- Walk, bike, rollerblade or skateboard to school.
- Play an active game at recess.
- Go sledding in the park on the weekend.
- Go "puddle hopping" on a rainy day.

60 minutes a day. You can help your child get there!



Canadian Physical Activity Guidelines

FOR YOUTH - 12 – 17 YEARS

Guidelines



For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause teens to sweat a little and to breathe harder. Activities like:

- Skating
- Bike riding

Vigorous-intensity physical activities will cause teens to sweat and be 'out of breath'. Activities like:

- Running
- Rollerblading

Being active for at least **60 minutes** daily can help teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their teen's daily activity. Teens can:

- Walk, bike, rollerblade or skateboard to school.
- Go to a gym on the weekend.
- Do a fitness class after school.
- Get the neighbours together for a game of pick-up basketball, or hockey after dinner.
- Play a sport such as basketball, hockey, soccer, martial arts, swimming, tennis, golf, skiing, snowboarding...

Now is the time. 60 minutes a day can make a difference.



Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



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 physical activity provides greater health benefits.

Let's Talk Intensity!

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

- Brisk walking
- Bike riding

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

- Jogging
- Cross-country skiing

Being active for at least **150 minutes per week** can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

Pick a time. Pick a place. Make a plan and move more!

- Join a weekday community running or walking group.
- Go for a brisk walk around the block after dinner.
- Take a dance class after work.
- Bike or walk to work every day.
- Rake the lawn, and then offer to do the same for a neighbour.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again or try a new sport.
- Be active with the family on the weekend!

Now is the time. Walk, run, or wheel, and embrace life.



Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



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 physical activity provides greater health benefits.

Let's Talk Intensity!

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

- Brisk walking
- Bicycling

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

- Cross-country skiing
- Swimming

Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- | | |
|---|--|
| <input checked="" type="checkbox"/> Join a community urban poling or mall walking group. | <input checked="" type="checkbox"/> Take up a favourite sport again. |
| <input checked="" type="checkbox"/> Go for a brisk walk around the block after lunch. | <input checked="" type="checkbox"/> Be active with the family! Plan to have "active reunions". |
| <input checked="" type="checkbox"/> Take a dance class in the afternoon. | <input checked="" type="checkbox"/> Go for a nature hike on the weekend. |
| <input checked="" type="checkbox"/> Train for and participate in a run or walk for charity! | <input checked="" type="checkbox"/> Take the dog for a walk after dinner. |

**Now is the time. Walk, run,
or wheel, and embrace life.**



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