

Physical Activity and Physical Literacy: Adults Ages 18-64



Every move counts!

Any amount of physical activity is good for your health and quality of life.

If you're just starting out, remember:

- Start slow and build up gradually
- Try different activities to find something you enjoy and can fit into your regular schedule
- **It should be fun!**



The Canadian 24-Hour Movement Guidelines suggest adults:



Sweat

Be active each day – enjoy a variety of **moderate to vigorous** aerobic activities, aiming for **150 minutes** or more per week. **Work on muscle strength** at least **twice** a week.



Step

Include **several hours** of **light intensity** physical activity (including standing) daily.



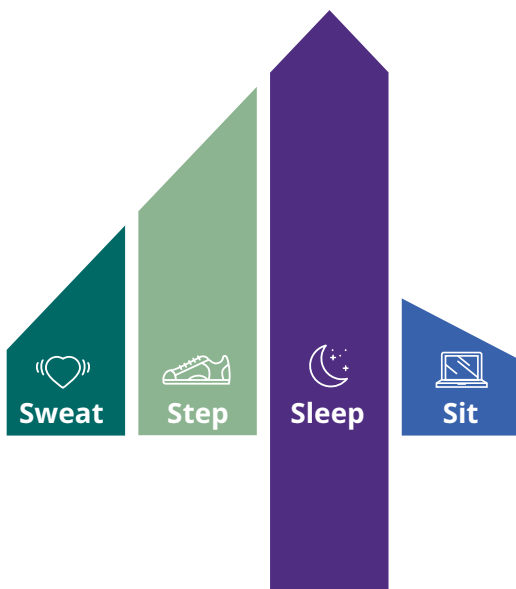
Sleep

Sleep well, 7-9 hours, with consistent routines.



Sit

Minimize and break up **screen and sedentary time**.



Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Developing physical literacy helps you participate in activities that **improve health and prevent disease**, for a lifetime. Activity also helps you **maintain mobility and independence in community**. Individuals of any age and ability can improve physical literacy through activity.

View 24-Hour Movement guidelines in full:
csepguidelines.ca/guidelines/adults-18-64



Physical activity can...



Decrease symptoms of depression and anxiety



Reduce your risk of heart disease, stroke, cancer, type 2 diabetes, and osteoporosis



Improve sleep quality and energy



Boost your immune system



Improve your ability to focus



Support social connections and mental wellness

What gets you moving?

Ideas to add in more activity:

- ✓ Go for a daily walk/wheel after dinner, or during your lunch break.

Recreation centres may have free and/or low-cost opportunities. Going outdoors and/or getting active at home are also great low-barrier options.
- ✓ Take the stairs whenever you can or get off the elevator a floor early and take the stairs.
- ✓ Try something new: soccer, dance, drumming, hiking, pickleball, etc.
- ✓ Stand or move around while on the phone or watching TV.
- ✓ Get active as a family – explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.
- ✓ Take your coffee date or meeting “to go” – walk and talk.
- ✓ For seated options, try seated knee lifts, kicks, foot slides, punches or arm circles.
- ✓ Walk, bike, or wheel instead of driving – using active transportation is a great way to increase activity and save money.
- ✓ Plant and tend a garden, rake leaves, and/or shovel snow.



More ideas at **ParticipACTION**



More info at **HealthLinkBC**