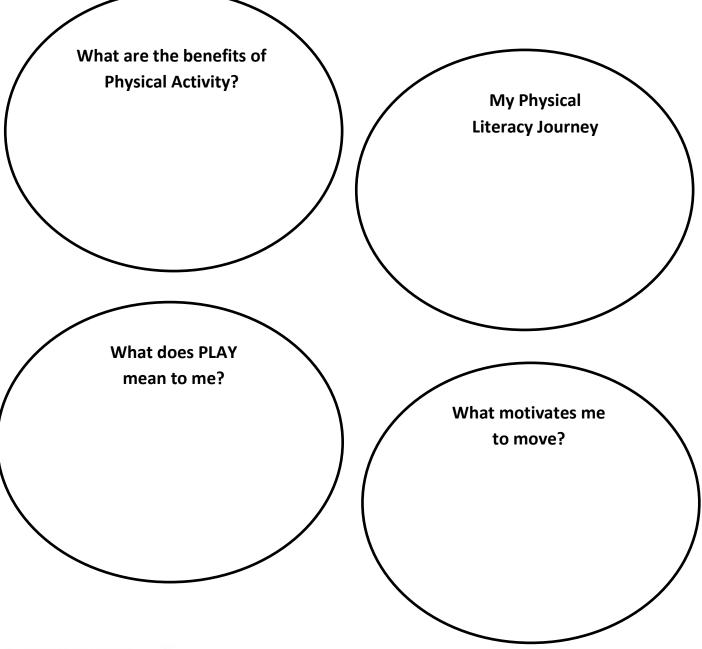


Let's Move!

Physical Literacy: "Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activity for life." (Dr. Margaret Whitehead)

Physical Activity: any bodily movement produced by skeletal muscles that requires energy expenditure (WHO, 2014)

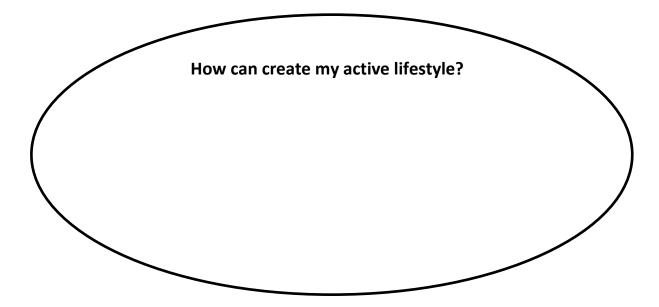
Let's PLAY: Group Juggle & Penguin Tag











Let's MOVE

- Try This! Plank/Push Up, Standing Squat, Wall Angel
- Opportunities on campus or in your community

ACTION: Extension of Learning:

- 1. Step 1. Looking ahead, are there opportunities for you to add activity into your day? What can you try this upcoming week?
- 2. Step 2. Consider any possible barriers to increasing your current activity levels and look at strategies to overcome these barriers.
- 3. Step 3. What possible benefits may you reap by increasing your activity levels this week?
- 4. Step 4. Ask a friend, classmate, family member, etc. to do something active with you for at least 10 minutes before the next Roots session!

NOTES:

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.



