

## 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

**What are the benefits of  
Physical Activity?**

**My Physical  
Literacy Journey**

**What does PLAY  
mean to me?**

**What motivates me  
to move?**



**How can create my active lifestyle?**

**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.**



[www.csep.ca/guidelines](http://www.csep.ca/guidelines)