Manitoba in motion Monthly Activity Tracker

Canadian Physical Activity Guidelines for children and youth say:

- You need at least 60 minutes of moderate- to vigorous-intensity physical activity every day. But more is even better!
- 2 Try to include:
 - Vigorous-intensity activities at least three days per week.
 - Activities that strengthen muscle and bone at least three days per week.
- Be physically active everyday: at home, at school, and at play. Every step counts!

Here are some examples of light, moderate and vigorous activities:

Light

- Walking or wheeling slowly
- Swimming (slow treading)
- Gardening
- Bicycling (light effort)
- Building snow sculptures
- Playing miniature golf
- Stretching
- Bowling
- Fishing
- Making "snow angels"

- Doing crafts
- Canoeing
- Playing catch

Moderate

- Walking or wheeling briskly about 5 km/hour
- Dancing
- Bicycling less than 15 km/hour
- In-line skating or skateboarding (easy pace)
- Baseball or sno-pitch

- Basketball shooting baskets
- Volleyball
- Curling (sweeping)
- Badminton
- Skating (leisurely)
- Downhill skiing or snowboarding
- Swimming

- Yoga
- Building a quinzee or snow fort
- Golfing (no cart)
- Using free weights or weight machines
- Tobogganing
- Pilates

Vigorous

- Running/jogging or wheeling –
 8 km per hour
- Bicycling more than 15 km/hour
- Swimming (steady laps)
- Aerobic dancing, step aerobics
- Walking very fast 7 km/hour
- · Walking and climbing briskly uphill
- In-line skating or skateboarding (briskly)
- Karate, judo, tae kwon do
- Most sports (football, basketball, soccer, hockey, ringette)
- Snowboarding or downhill skiing with vigorous effort
- Skating (fast)
- Jumping rope
- Cross country skiing
- Snowshoeing

How to measure your intensity level:

	LEVEL OF INTENSITY	DESCRIPTION
1	Resting	You are breathing normally. It's very easy to talk.
2	Light	You notice your breathing. You can talk.
3	Moderate	You can hear yourself breathe, but still talk.
4	Vigorous	You are breathing heavily. It's hard to talk.
5	Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

Choose a variety of activities from the following activity groups...

Aerobic physical activities such as running, skating, swimming, and walking will help the heart, lungs and circulatory system function

Bone-strengthening activities such as hopscotch, jumping rope, running, and tennis produce impact or force on the bones to promote bone growth and strength.

Muscle-strengthening activities such as climbing, sit-ups, using resistance bands or playing games such as tug of war strengthen muscle and improve posture.

For more information visit:

Manitoba in motion: www.manitobainmotion.ca





ur personal go	 Set your personal goal for the month. Percent the type of activity your do each day.	יייט אכנואויט בספי	My goal is:	is:		
Record the number of min Circle your intensity level.	Necord the type of activity you do each day. Record the number of minutes you are active each day. Circle your intensity level.	ach day.	Month:			
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