

# Physical Wellness

## Keep Moving!

### More daily physical activity = Greater health benefits

It is now more important than ever before to find ways to get up, move and have fun! No matter your age, physical activity is a critical part of maintaining a healthy lifestyle. By creating and following an active routine, you can help keep your immune system healthy, improve your sleep and boost your emotional wellbeing.



### Children (5 to 11 years old)

Children aged 5 to 11 years should do at least 60 minutes of moderate to high energy physical activity daily. Mix up activities so children can get their hearts pumping and build coordination, balance and flexibility. Rethink recess and plan movement breaks in 10 to 20-minute blocks to keep fit and have fun! Some suggested activities follow. Mix it up!

#### Fun Fact!

Exercise builds more than muscles. It also builds confident and happy people!

Moderate Aerobic (Daily)	Vigorous Aerobic (3 days per week)	Muscle and Bone Strengthening (3 days per week)
Bike	Skip	Tug of War
Dance	Run	Jump Rope
Balloon Toss	Bike (fast/long period)	Simon Says
Obstacle Course	Hockey (mini sticks)	Circuit of jumping jacks, squats, sit ups, push-ups, etc.
Hopscotch	Basketball (with family)	Cheerleading

### Youth (12 to 17 years old)

Like the 5 to 11-year-old category, those 12 to 17 years in age should have a minimum of 60 minutes per day of physical activity to maintain and improve their overall health. This should include both vigorous and muscle strengthening activities 3 days per week. Some suggested activities follow. Break it up!

#### Fun Fact!

Movement melts more than fat. It can reduce stress and lower symptoms of anxiety and depression!

Moderate Aerobic (Daily)	Vigorous Aerobic (3 days per week)	Muscle and Bone Strengthening (3 days per week)
Brisk Walk	Aerobic Dance	Circuit of lunges, burpees, jumps
Roller Blade	Martial Arts	Resistance Training
Skate Board	Climb stairs	Lift Weights
Dance	Soccer (with family)	Gymnastics
Mow Lawn	Hike (uphill)	Volleyball (with family)

### Adults (18 to 64 years old)

Adults in this age group should participate in aerobic type exercises 150 minutes per week. This weekly schedule should include muscle and bone strengthening exercises twice a week for greater health benefits. Some suggested activities follow. Frequent activity breaks can really add up!

#### Fun Fact!

Regular physical activity can energize you and it can help you sleep better!

Moderate Aerobic (75 mins. per week)	Vigorous Aerobic (75 mins. per week)	Muscle and Bone Strengthening (2 days per week)
Work in garden	Heavy garden work – digging, raking	Strength training
Housework	Run or race-walk	Yoga
General building tasks	Cycling - uphill	Online fitness classes
Hike in the woods	Hula hoop	Dance
Brisk walk	Boxercise	Jump rope

## Resources

Physical (Well-Being): [Indigenous EarlyON Darebee: Cardio and core fitness programs P.E. with Joe: Daily home workout video for kids](#)  
 What Moms Love: [87 Energy-Busting Indoor Games & Activities For Kids](#)

## References

[csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_adults\\_en.pdf](https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf)  
[empowersimcoe.ca/indigenous-earlyon/physical/](https://empowersimcoe.ca/indigenous-earlyon/physical/)  
[cbc.ca/news/health/nature-health-1.5128482](https://cbc.ca/news/health/nature-health-1.5128482)