

# Manitoba *in motion* Monthly Activity Tracker

Canadian Physical Activity Guidelines for children and youth say:

- 1 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.
- 3 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](http://www.manitobainmotion.ca)

