

Manitoba *in motion* Monthly Activity Tracker

Canada's Physical Activity Guide says to stay healthy children and youth need to accumulate at least 90 minutes of physical activity a day. That includes 60 minutes of moderate activity and 30 minutes of vigorous activity. As well, they should reduce their inactive time each day. Here are some examples of light, moderate and vigorous activities:

Light (1 KM = 15 minutes)

- Walking or wheeling slowly
- Swimming (slow treading)
- Gardening
- Bicycling (light effort)
- Playing miniature golf
- Stretching
- Bowling
- Fishing



- Doing crafts
- Yoga
- Canoeing
- Playing catch



Moderate (1 KM = 10 minutes)

- Walking or wheeling briskly – about 5 km/hour
- Dancing
- Bicycling – less than 15 km/hour
- In-line skating or skateboarding (easy pace)
- Baseball
- Basketball – shooting baskets
- Volleyball
- Curling (sweeping)
- Badminton
- Skating (leisurely)
- Downhill skiing or snowboarding (light)
- Swimming (recreational)
- Pilates
- Golfing – without a golf cart
- Using free weights or weight machines

Vigorous (1 KM = 5 minutes)

- 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)
- Downhill skiing with vigorous effort
- Skating (fast)
- Jumping rope

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.

For more information visit:

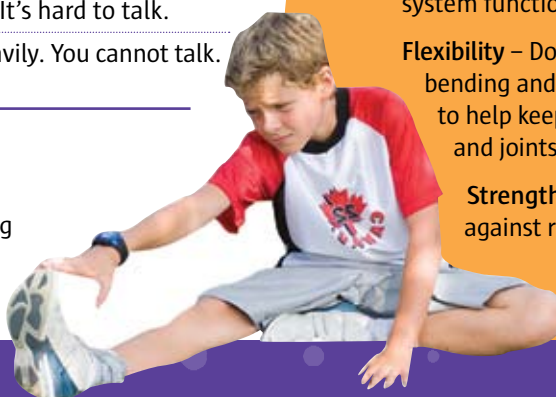
Manitoba *in motion*: www.manitobainmotion.ca
 Manitoba Healthy Living: www.manitoba.ca/healthyliving
 Healthy Canadians: www.healthycanadians.ca

Choose a variety of activities from each of the three activity groups...

Endurance – Do continuous activities to help the heart, lungs and circulatory system function.

Flexibility – Do gentle reaching, bending and stretching activities to help keep muscles relaxed and joints mobile.

Strength – Do activities against resistance to strengthen muscles and bones and improve posture.



How to use the Manitoba in motion Monthly Activity Log:

- Set your personal goal for the month.
- Record the type of activity you do each day.
- Record the number of minutes or distance you are active each day.
- Circle your intensity level.

My goal is: _____

Month: _____

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