

# Physical Activity and Physical Literacy: Adults Ages 18-64



## Every move counts!

**Any** amount of physical activity is good for your health and quality of life.

If you're just starting out, remember:

- Start slow and build up gradually
- Try different activities to find something you enjoy and can fit into your regular schedule
- **It should be fun!**



## The Canadian 24-Hour Movement Guidelines suggest adults:



**Sweat**

**Be active each day** – enjoy a variety of **moderate to vigorous** aerobic activities, aiming for **150 minutes** or more per week. **Work on muscle strength** at least **twice** a week.



**Step**

Include **several hours** of **light intensity** physical activity (including standing) daily.



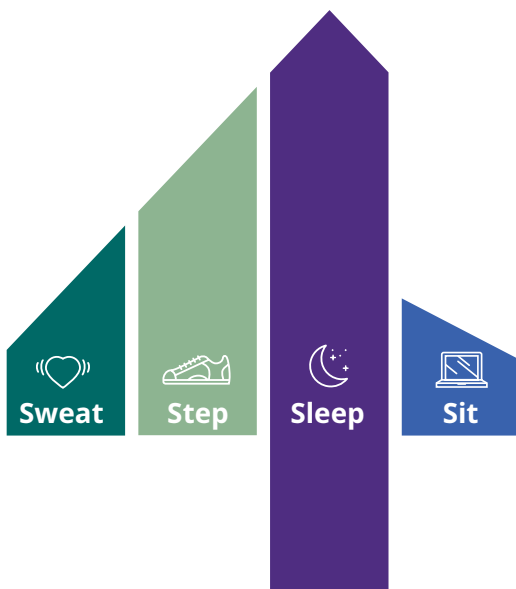
**Sleep**

**Sleep well, 7-9 hours**, with consistent routines.



**Sit**

**Minimize** and break up **screen and sedentary time**.



**Physical literacy** is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Developing physical literacy helps you participate in activities that **improve health and prevent disease**, for a lifetime. Activity also helps you **maintain mobility and independence in community**. Individuals of any age and ability can improve physical literacy through activity.

View 24-Hour Movement guidelines in full:  
[csepguidelines.ca/guidelines/adults-18-64](https://csepguidelines.ca/guidelines/adults-18-64)



## Physical activity can...



Decrease symptoms of depression and anxiety



Reduce your risk of heart disease, stroke, cancer, type 2 diabetes, and osteoporosis



Improve sleep quality and energy



Boost your immune system



Improve your ability to focus



Support social connections and mental wellness

## What gets you moving?

### Ideas to add in more activity:

- ✓ Go for a daily walk/wheel after dinner, or during your lunch break.

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Recreation centres may have free and/or low-cost opportunities. Going outdoors and/or getting active at home are also great low-barrier options.
- ✓ Take the stairs whenever you can or get off the elevator a floor early and take the stairs.
- ✓ Try something new: soccer, dance, drumming, hiking, pickleball, etc.
- ✓ Stand or move around while on the phone or watching TV.
- ✓ Get active as a family – explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.
- ✓ Take your coffee date or meeting “to go” – walk and talk.
- ✓ For seated options, try seated knee lifts, kicks, foot slides, punches or arm circles.
- ✓ Walk, bike, or wheel instead of driving – using active transportation is a great way to increase activity and save money.
- ✓ Plant and tend a garden, rake leaves, and/or shovel snow.



More ideas at **ParticipACTION**



More info at **HealthLinkBC**