New Canadian Physical Activity Guidelines

The Canadian Society for Exercise Physiology (CSEP) has released new Canadian Physical Activity Guidelines for apparently healthy children (5-11 years), youth (12-17 years), adults (18 – 64 years), and older adults (65 years and older). The Canadian Physical Activity Guidelines describe the amount and types of physical activity that offer substantial health benefits for Canadians and should be viewed as a minimal target. Individuals should try to exceed the minimum target as the greater the intensity, variety, and duration of physical activity, the greater the health benefits.

The new Canadian Physical Activity Guidelines can be found online and are downloadable on CSEP’s website.

To access materials in English visit www.csep.ca/guidelines
To access materials in French visit www.csep.ca/directives

Evidence over the past several decades has shown that physical activity and fitness levels in Canadians have decreased. The number of obese or overweight Canadians has steadily increased as have diseases associated with obesity and being overweight. An effective way to help prevent health risks is to engage in regular physical activity.

For additional information related to physical activity visit:

Public Health Agency of Canada at www.publichealth.gc.ca/physicalactivity

ParticipACTION at www.participaction.com

References:


