

CANADA'S

Physical Activity Guide

to Healthy Active Living

Gotta Move!

Magazine for Children 6-9 years of age

PHYSICAL ACTIVITY IS FUN!

- At home • At school
- At play • Inside or outside
- On the way to and from school
- With family and friends

Making physical activity a part of the day is fun and healthy.



Public Health
Agency of Canada

Agence de santé
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The College of
Family Physicians
of Canada



Canadian
Paediatric
Society



Canadian Society for
Exercise Physiology

PHYSical Activity is FUN

Let's look
at how we can
be physically
active.



Can we do it by sitting
still in front of the TV or
playing on the computer for
long periods of time?

no!



Can we do it by playing outside
more? **YES!**

Can we do it by running around? **YES!**

Can we do it by hopping around? **YES!**

Now you are getting it.



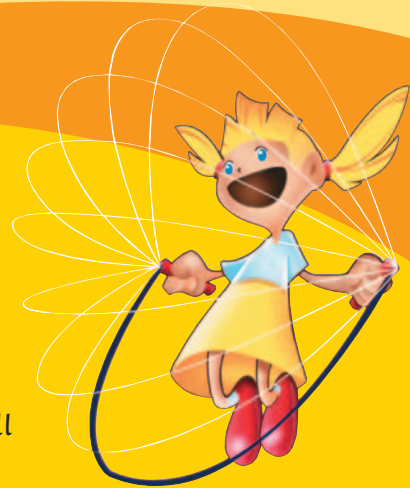
Can we do it by climbing
on the play structures in
the park? **YES!**

Can we do it by walking
the dog? **YES!**

Can we do it by skating,
blading or tobogganing?
YES!



Can we do it by
playing soccer, football
or baseball? **YES!**




Can we do it by raking leaves,
building a snow sculpture or
carrying groceries? **Absolutely!**



What else can you think
of that would help to get
you moving? Here are
some pictures...check off
the ones that show
physical activities.


Getting Active is Easier than YOU think





Check  off all the activities on these two pages that you have tried at least once.



Now look at the pictures again.


Draw a happy face  beside every picture you think is fun.

Now look at them again and put a star  beside each one that is a **physical activity**.

How many checks do you have? Put the number in the box below the one marked with a check. 


If you have more than five, you are already doing many kinds of activities. That's great!

How many happy faces do you have?

Put the number in the box below the happy face at the bottom of the page. 

If you have more than five, you know how to have fun. That's awesome!




How many stars do you have?

Put the number in the box below the star. 

How many activities have both stars and happy faces? If you have one or more, then you are having fun and doing physical activity. Bravo!

Would you like to do more physical activity? Try some of the other activities that you see on this page.



		
Total	Total	Total



WHICH WOULD YOU LIKE TO TRY?

Take a look at the activities on these two pages. Which ones would you like to try? Just by choosing you have taken a step. Give yourself a pat on the back!



🔑 Playing catch is a great choice. Your arms will get moving. You may have to run as well to catch the ball.

🔑 Playing soccer – WOW! This sport helps a lot of your muscles. You have to run and kick the ball. Your lungs and your heart will do a lot of work. Can you think of some other sports that make you use a lot of muscles? How about hockey, basketball, track and field or gymnastics?



🔑 Carrying the groceries is a great way to help your family and get active at the same time.

🔑 Climbing on the play structure can be fun. It helps to make your muscles strong, just like carrying groceries.

🔑 Taking the dog for a walk is great fun. Walking helps your legs, your heart and your lungs.

🔑 Simon says being active looks like fun. Everyone is stretching and bending all over the place. It's great for your muscles and fun as well.





🔑 Moving to music is fun and very active. Try dancing with your family or your friends. Go wild – you'll use a lot of muscles and work your heart and lungs.

🔑 Climbing on a playstructure is a great way to stretch. Stretching helps you to move your arms and legs easily for games and sports.

🔑 Bike riding makes your heart and lungs work hard as well as stretching your muscles. It's fun to ride a bike. Go biking with your guardian, parents, or family. It will help them get active too.



🔑 Swimming works a lot of muscles and is a great way to cool off when you're hot.

🔑 Building a snowman is a great way to help you use your muscles by bending and stretching.

🔑 Tobogganing is lots of fun and helps you improve your balance.



🔑 Skating, blading, boarding, or skiing are all sports that help you move and stay active.

🔑 Yoga, martial arts and gymnastics are activities that help you stay flexible.



Don't like any of these activities? Look through the magazine and pick some others that you would enjoy.

DO YOU want to Be active?

Your body is counting
on you to say,
Yes! Yes! Yes!

It's a Three-Step Process!

1

Step 1 is very easy. You just have to decide that you want to try to be more active.

To be more active you have to play and have fun! It's an easy one, don't you think! Just play and have fun! You can do it – you know you can.

2

Talk to your family and tell them what you would like to do to be active. Maybe you could make a plan and post it on the fridge. Draw a chart like the one on Page 7 and write down what you want to do in the first month. Add up your different activities and count how many you are doing each day.

Don't forget that for the first month, you are aiming for at least 30 minutes more activity every day. In the second month you have to add another 15 minutes and so on...until you reach at least 90 minutes more physical activity every day. It may take you 5 months to reach 90 minutes.

3

Try one of the activities that you said you would like to try. Mark it on the *Physical Activity Chart*. You will be surprised how quickly your new activities add up to at least 30 minutes extra a day!





Make a list of the activities you want to try.



When you learn new things, you might not be able to do it well at first. Just practice and you will get better. It's important to try and try again.

When you have tried them, put a star beside the activity!

GETTING STARTED...

Setting yourself a goal

Nada's family helped her set a couple of new goals:

- #1** The family signed her up for swimming twice a week at the local pool
- #2** Nada's teenage brother would walk her to school each day



How things went...

- #1** Nada met a school friend at the pool and they decided to swim together – it was more fun with a buddy. Nada's swim teacher encouraged Nada to make friends with the other kids in her swim class so she would always have someone to swim with. Nada and her whole family also joined the free swim after class as an extra reward for taking swim lessons. This made Nada's swimming experience more fun and helped her whole

family be more active. Soon Nada was looking forward to her swim class as one of the best parts of her week.



- #2** Nada always took the bus to school even though it was only a few blocks from her house. Her older brother agreed to walk Nada to school twice a week. Nada also wanted to walk with her friends. So her brother talked with the families of her friends and they all agreed to let their children walk with Nada's brother to school twice a week. The kids loved the walk and the families decided that, on all schooldays, one of them would lead the walk. The kids and families were soon having lots of fun and were safe too. What started out as an activity for one child soon became a neighbourhood daily activity.

Choose your own goals from the list of activities you wrote on page 7.

NOW YOU ARE PROBABLY ASKING...

But how much more physical activity do I need to do?

Well, if you want to be healthy and strong you need to start by doing at least 30 minutes more physical activity a day and you need to do at least 30 minutes less of activities that make you sit still.

The best way to get started is to set yourself a GOAL. Every day, check and see if you have reached your goal. After one month, you can set a new goal.

This chart shows you how it works!



Build up physical activity throughout the day in periods of at least 5 to 10 minutes

	Daily INCREASE in moderate* physical activity (Minutes)		Daily INCREASE in vigorous** physical activity (Minutes)		Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+	10	=	30	30
Month 2	at least 30	+	15	=	45	45
Month 3	at least 40	+	20	=	60	60
Month 4	at least 50	+	25	=	75	75
Month 5	at least 60	+	30	=	90	90

If your children are already very active, record their moderate and vigorous activities for a few days. Total up the minutes, then encourage them to progress gradually from there until they reach at least 90 minutes of daily physical activity.

*Moderate physical activity examples

- brisk walking
- skating
- bike riding
- swimming
- playing outdoors

**Vigorous physical activity examples

- running
- soccer

PHYSICAL Activity and YOUR BODY

Your body is made up of many moving parts.
In some ways it's just like a machine, an amazing machine.

Your heart, lungs, bones, and muscles work
as a team helping you to have fun every
day. To keep your body tuned up,
you've got to move. Would you
like to know how?



Let's check out the heart!

It's a very important organ. It beats and pumps
all day, every day, to keep you alive. It's a very
special muscle. It pumps blood through your body and
moves air – or oxygen – from your lungs to the rest of
your body. The blood carries oxygen and food
everywhere. Oxygen is the body's fuel. To keep your
heart in good working order you have to play
hard to make your heart beat fast and
you have to eat right to give your
body the fuel it needs.

Try this out

Put your hand over your heart and see
if you can feel it beat. Now jump up and
down or hop around the room for a few
minutes. Check your heartbeat now. It should be
easier to feel because you have just put it to
work and it is working harder. Do you remember
what the heart pumps all around the body?

If you said blood, you were right. If you
said blood and oxygen, then you
are amazing!



YOUR HEART

Quiz

Check off ☒ all the activities you think would make your heart beat faster:

- ☐ running ☐ skating ☐ jumping
- ☐ playing with the computer ☐ walking fast
- ☐ dancing ☐ playing video games
- ☐ watching TV ☐ working on the computer

If you checked running, skating, jumping, walking fast, and dancing, you are correct!

These activities make your heart beat faster and it is healthy to be active every day.

Did you Know?

Your heart beats
30 million times
a year!

How often does your heart usually beat in a minute when you are not being active?

If you said between 75 and 110 beats a minute – good for you! Bravo!



Let's look at the lungs!

You have two lungs and they have a very special job. Without the lungs the heart would not be able to send oxygen around your body. Your lungs take oxygen into your body when you breathe and then it is carried in your blood all over the body. The heart and lungs work together as a team. When you are active, you need more oxygen and you take deep breaths. Sometimes you even huff and puff because you are playing hard. The body needs lots of oxygen to stay healthy, fit and in good working order.



Try this out

Run, skip, or dance very quickly for ten minutes. Ask your family or teacher to time you. Are you hot? Are you huffing and puffing? Is your heart beating fast? That's great! You are helping your heart and lungs do their best work and you are taking lots of oxygen into your blood.



YOUR LUNGS

Did you Know?

Every minute when you're resting you breathe in about 5 to 6 litres of air. That's a lot of air! When you are doing physical activities that make you breathe hard, you can increase your breathing by 15 to 20 times! This type of activity is called vigorous.



What do you know about muscles?

Muscles help you to move and be active. You have lots of muscles all over your body – in your arms, in your legs, in your neck, in your back, in your tummy...and many more places. Muscles need lots of oxygen to grow and be strong. WOW! That means your muscles need help from the heart and lungs as well.

Do you remember how the muscles get oxygen? If you said, “through the lungs,” well done! If you said, “through the blood with the help of the heart and lungs,” you are amazing!

Your muscles help you to move. They are attached to the bones and they help you move in different directions. They help you to throw and catch. They help you to run and bend. The more active you are, the stronger your muscles become.

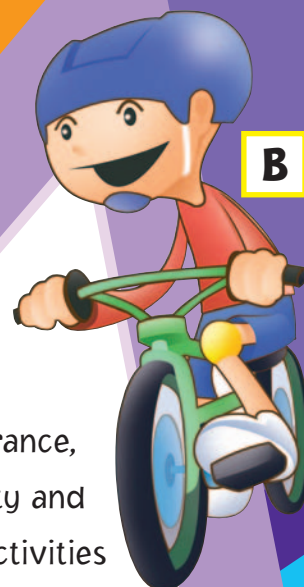


YOUR MUSCLES



YOUR BONES

ENDURANCE FLEXIBILITY STRENGTH



Endurance,
flexibility and
strength activities
all help to make a
healthy body.

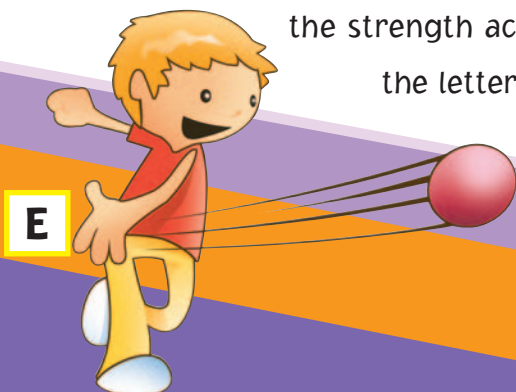
Can you pick out the activities on the
next two pages that you think would make
the heart and lungs work their best? Circle
the letters that show endurance activities in RED.

If you picked out pictures A, B, C, D, E, F, G, L, N & P,
you are correct! Those are endurance activities.

Now pick out activities that contribute to
flexibility – these activities encourage bending, stretching
and reaching. Circle the flexibility activities in BLUE. If you
circled pictures with the letters A, C, D, E, F, G, J, L, N, O & P,
you are correct! Those are flexibility activities.



Now pick out the strength activities – they build strong muscles and bones. Circle
the strength activities in GREEN. If you circled the pictures with
the letters A, B, C, D, E, F, G, H, L, N, O & P, you are AMAZING!
Those are strength activities.



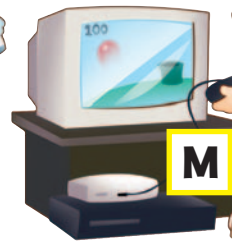
**H****F****G**

Here's a surprise:
Did you know that
your body has its own
air conditioner? It
does...it's your skin! When

you get hot from physical
activities, your body sweats
through your skin and as the
moisture evaporates
you get cooler. That's

why it's
really
important to
drink lots

of water
when you
are playing
hard or being
physically
active.

**K****I****J****M**

Did you Know?

You actually have more
than 650 muscles in your
body. They must really
need a lot of oxygen!

**n****L****P****O**

PHYSICAL ACTIVITY AND YOUR HEALTH – A KNOWLEDGE GAME

Which of the activities to the right
help make you strong and healthy?

Your heart and lungs are important
muscles that you cannot see. They help
you to breathe and pump oxygen around
your body. Which activities help make
your heart and lungs strong?

To grow big and strong you need to stretch your
muscles and lift and carry things. Which activities
help your muscles grow big and strong?

Which of the activities
shown on this page
do you like to do?

Which activities do you think
are the most fun?

Draw a picture of yourself doing
one of the activities you like to do.

To keep your body healthy
you need to be active and
keep moving. Then you will have:

- 😊 Strong muscles that
are fast and powerful;
- 😊 A strong heart and
lungs; and
- 😊 A body that moves
the way you want it to!

Active bodies need energy

Follow *Canada's Food Guide to Healthy Eating*
to make wise food choices.

For more information:

Call 1-888-334-4769 or visit the website at
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