Canadian Physical Activity Guidelines for Children (5-11 Years)

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines

For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:

Vigorous-intensity activities at least 3 days per week.

Activities that strengthen muscle and bone at least 3 days per week.

More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

Being active for at least **60 minutes** daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their child's daily activity. Kids can:

- ☑ Play tag – or freeze-tag!
- ☑ Go to the playground after school.
- ☑ Walk, bike, rollerblade or skateboard to school.
- ☑ Play an active game at recess.
- ☑ Go sledding in the park on the weekend.
- ☑ Go "puddle hopping" on a rainy day.

60 minutes a day. You can help your child get there!

ParticipACTION

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www.csep.ca/guidelines

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APPENDICES