

Do YOU want to live a HEALTHY & ACTIVE life? Learn how!

Image

Pick an Activity that You Enjoy!

- *Challenge yourself to do a charity walk/run.
- *Test out new activities (e.g., rock climbing).
- *Walk/bike to school or workout with a friend.
- *Plan weekend activities with friends or family.
- *Be creative and add variety to your activities.
- *Play a sport you loved.
- *Focus on activities that you really enjoy with the people you love.

Set S.M.A.R.T. Goals Today

Make sure your goals are Specific, Measurable, Adjustable, Realistic, & Time-based.

Example: I want to run Monday, Wednesday, & Friday for 30 minutes with the ultimate goal of running a 10km race in June this year.

Canadian Physical Activity Guidelines

To achieve health benefits, Canadian guidelines recommend that adults do:

- 150 minutes of moderate (brisk walking, or light yoga) to vigorous (skiing or Zumba) physical activity per week, in bouts of at least 10 minutes or more at a time.
- Strength training for all muscle groups at least 2 times/week.

In general, more physical activity leads to more health benefits!

Resources you may be interested in!

Canadian Physical Activity Guidelines: visit:
www.csep.ca

Alberta Center for Active Living:
www.centre4activeliving.ca

Active Lethbridge:
activelethbridge.ca

What are your FITNESS & HEALTH goals?