

Sept 16, 2019

Physical Activity

Eating for Wellness

Warm-Up

In school-aged children between the ages of 5 and 17, 13% of boys and % of girls are getting an average of at least 60 minutes of moderate-to-vigorous physical activity daily as recommended in the Canadian Physical Activity Guidelines for children and youth.

Physical Activity Guidelines



1. Try to do an hour (**60min**) **everyday** of **moderate to vigorous-intensity** activity. Choose vigorous activities at least **three days a week**.

Moderate-Intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing compared to vigorous aerobic activity where your heart rate increases even more and you are not able to say more than a few words without catching a breath.

What are some examples of these type of activities?

2. Get stronger by doing activities that build muscles and bones at least three days a week.

What are some examples of these type of activities?

3. Combining aerobic and strengthening activities will improve your health and well-being.



Activity Pyramid
(see me for handout)

Increase: endurance, flexibility and strength activities

Decrease: sitting for long periods

Benefits of Regular Activity

~~Inactivity~~

Health Risks of

better health

improved fitness

better posture and balance

better self-esteem

weight control

stronger muscles and bones

feeling more energetic

relaxation and reduced stress

premature death

heart disease

obesity

high blood pressure

adult onset- diabetes

stroke

depression

colon cancer

osteoporosis

Six problems with our eating habits

1. Too few fruits and vegetables
2. Too little fiber
3. Too much saturated fat
4. Too many added sugars
5. Too much sodium
6. Too much food overall (i.e. calories)

How many of these problems relate to you?

1) Too Few Fruits and Vegetables



How many fruits and vegetables should you be getting?

Plenty (no set amount with new food guide), at least half your plate.

