

Manitoba *in motion* Monthly Activity Tracker

Canadian Physical Activity Guidelines say adults need to:

- 1 Be active at least 150 minutes a week to achieve health benefits.
- 2 Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.
- 3 Get stronger by adding activities that target your muscles and bones at least two days per week.

Here are some examples of light, moderate and vigorous activities:

Light

- Walking or wheeling slowly
- Golf – using a powered cart
- Swimming (slow treading)
- Gardening
- Bicycling (light effort)
- Shopping
- Stretching
- Bowling
- Fishing
- Light housework
- Bird watching
- Canoeing
- Washing the car
- Building snow sculptures
- Making “snow angels”



Moderate

- Walking or wheeling briskly – about 5 km/hour
- Dancing
- Bicycling – less than 15 km/hour
- In-line skating or skateboarding (easy pace)
- Baseball or sno-pitch
- Snow tag
- Basketball – shooting baskets
- Volleyball
- Curling (sweeping)
- Badminton
- Skating (leisurely)
- Downhill skiing or snowboarding
- Tobogganing
- Swimming (recreational)
- Raking the lawn
- Using free weights or weight machines
- Golfing (no cart)
- Pilates
- Building a quinzee/snowfort
- Shovelling light snow
- Yoga



Vigorous

- Running/jogging or wheeling – 8 km/hour
- Bicycling – more than 15 km/hour
- Swimming (steady laps)
- Aerobic dancing, step aerobics
- Walking very fast – 7 km/hour
- Walking and climbing briskly uphill
- In-line skating or skateboarding (briskly)
- Karate, judo, tae kwon do
- Circuit training
- Most sports (football, basketball, soccer, hockey, ringette)
- Downhill skiing with vigorous effort
- Skating (fast)
- Shovelling heavy snow

How to measure your intensity level:

	LEVEL OF INTENSITY	DESCRIPTION
1	Resting	You are breathing normally. It's very easy to talk.
2	Light	You notice your breathing. You can talk.
3	Moderate	You can hear yourself breathe, but still talk.
4	Vigorous	You are breathing heavily. It's hard to talk.
5	Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

Choose a variety of activities from the following activity groups...

Aerobic physical activities such as running, skating, swimming and walking will help the heart, lungs and circulatory system function.

Bone-strengthening activities such as jumping, rowing, running and volleyball produce impact or force on the bones to promote bone strength.

Muscle-strengthening activities such as lifting weights, using resistance bands, doing push ups and sit ups strengthen muscle and improve posture.

Balance enhancement activities such as Tai Chi, yoga and walking on uneven ground (ex: unpaved areas, forest trails) help improve stability.



For more information visit:

Manitoba *in motion*: www.manitobainmotion.ca

How to use the Manitoba *in motion* Monthly Activity Log:

- Set your personal goal for the month.
- Record the type of activity you do each day.
- Record the number of minutes you are active each day.
- Circle your intensity level.

My goal is: _____

Month: _____

Sunday

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Monday

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Tuesday

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Wednesday

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Saturday

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