

# Canada's Guide to Physical Activity

## National Lifeguard Weekly Log Sheet

Did you know that only 30 percent of Canadians under the age of 19 do enough physical activity to maintain cardiovascular health? Challenge yourself to improve your health and fitness by following the suggestions in *Canada's Guide to Physical Activity*.

It is recommended that you accumulate 60 minutes of activity a day. You don't need to complete it all at once—10 minutes at a time to total 60 minutes in a day is acceptable. The higher the intensity of your workout, the less time required to improve your health and fitness. For example, 60 minutes of light walking or 20–30 minutes fast swimming provides the same conditioning results. As you progress to doing 30 minutes of moderate or vigorous activities, you can cut down to 30 minutes, 4 times a week.

Here are some suggestions, but it is strongly recommended that you obtain a copy of *Canada's Guide to Physical Activity* for more detailed information. You can download the guide and handbook in pdf format or you can order a copy through the following web site: <http://www.paguide.com>.

### Endurance Activities

Here are some recommendations for improving your endurance to help your heart, lungs, and circulatory system stay healthy.

<b>Light Effort (60 minutes)</b> <i>You feel warm with a slight increase in breathing rate</i>	<b>Moderate Effort (30–60 minutes)</b> <i>Warmer with increased breathing rate</i>	<b>Vigorous Effort (20–30 minutes)</b> <i>Quite warm and quite out of breath, but can still talk</i>
<ul style="list-style-type: none"> <li>▪ Light walking</li> <li>▪ Golfing (without a cart)</li> <li>▪ Volleyball</li> <li>▪ Easy gardening</li> <li>▪ Stretching</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fast walking</li> <li>▪ Biking</li> <li>▪ Raking leaves</li> <li>▪ Leisure swimming</li> <li>▪ Dancing</li> <li>▪ Water aerobics (aquafit)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Aerobics class</li> <li>▪ Jogging</li> <li>▪ Hockey</li> <li>▪ Basketball or soccer</li> <li>▪ Fast swimming</li> <li>▪ Fast dancing</li> </ul>

### Strength Activities

Try some of these strength building activities to help your muscles and bones stay strong and healthy, and to prevent diseases such as osteoporosis.

- Cutting and piling wood
- Raking and carrying leaves
- Shoveling snow or dirt
- Climbing stairs
- Lifting and carrying groceries or books
- Weight/strength training

### Flexibility Activities

The following activities can help you improve your mobility, stay relaxed, and keep your joints mobile.

- Gardening
- Yard work
- Stretching exercises
- Yoga
- T'ai Chi
- Dancing
- Curling or bowling

## Weekly Log Sheet

Use this log to track your weekly physical activities. Check the appropriate box each time you complete an activity.

Remember that physical fitness is an important component to lifesaving. You need to be fit to perform a rescue!

Day	Endurance 4-7 days/week	Flexibility 4-7 days/week	Strength 2-4 days/week
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weekly Totals	_____	_____	_____

Day	Endurance 4-7 days/week	Flexibility 4-7 days/week	Strength 2-4 days/week
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weekly Totals	_____	_____	_____