A green sunburst graphic with a semi-circular base and several rays of varying lengths extending upwards. The text "Section 8" is centered within the semi-circle.

**Section  
8**

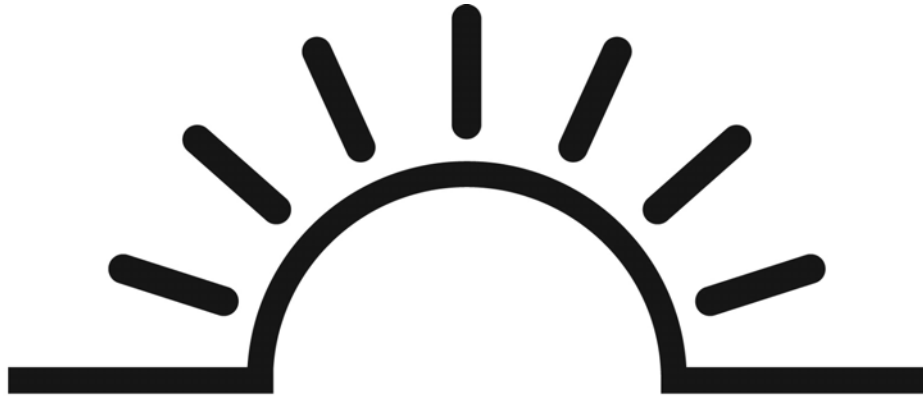
**Active Living**



# Section 8 Active Living

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Active Living



## Key Points

### Active Living

- Active living stresses the importance of doing activities that feel good and that are moderate and fun
- There are a variety of health benefits of being active
- Some activities can build strength, while others develop skill, flexibility, or endurance. See list of activities.
- Learn how you can promote active living at your school
- Where to find more information about active living

# Active Living

Being active, like eating healthy, is essential for healthy growth and development. Regular physical activity in childhood develops cardiovascular fitness, strength, flexibility and bone density.

## What is “Active Living”?

Active living is more than just physical fitness or exercise. It means making physical activity a part of daily living, whether it's gardening or taking the dog for a walk. Active living encourages everyone, not just people who are young and fit, to get up and get moving.

Active living stresses the importance of doing activities that feel good and that are fun. This approach reflects *Canada's Physical Activity Guide to Healthy Active Living*.

## How Much Physical Activity Should Children Get?

*Canada's Physical Activity Guides for Children and Youth* provide a set of national guidelines designed to help children and youth improve their health through regular physical activity.

The Guides recommend children and youth:

- Increase the time currently spent on physical activity by 30 minutes per day in periods of 5-10 minutes. Over several months, children should try to accumulate over 90 minutes of physical activity per day.
- Reduce non-active time spent on sedentary activities like TV, video, computer games and surfing the Internet, starting with at least 30 minutes less per day.

## Endurance, Flexibility and Strength All Contribute to a Healthy Body.

Combine these three types of physical activity for best results:

- **Endurance:** activities that make you breathe deeper, your heart beat faster, and make you feel warm. For example: walking, jogging, taking the stairs, rollerblading, skating, etc.
- **Flexibility:** activities like bending and stretching and reaching that keep your joints moving. For example: bowling, gardening, yoga, curling, etc.
- **Strength:** activities that build your muscles and bones. For example: doing weights, carrying books or groceries, push-ups, etc.

## Statistics - Did you know....?

- PEI is the most inactive and obese province in Canada.
- Over half of Canadians aged 5-17 are not active enough for optimal growth and development.
- Girls are less likely than boys to be physically active
- As children age, there is a decline in levels of activity

Source: Health Canada, 2005

March 2005

# Benefits of Being Active

There are many ways children (and adults) benefit from active living.  
Here are a few reasons to get moving:

- ♥ Build strong bones and strengthen muscles
- ♥ Strengthen the heart
- ♥ Maintain/Improve flexibility
- ♥ Maintain/Achieve a healthy weight
- ♥ Promote good posture and balance
- ♥ Improve fitness
- ♥ Improve self-esteem
- ♥ Improve academic and cognitive performance
- ♥ Prevent chronic diseases such as coronary heart disease and type 2 diabetes
- ♥ Increase relaxation
- ♥ Reduces stress
- ♥ Meet new friends
- ♥ Feel better, have more energy
- ♥ Promote healthy growth and development

Source: Health Canada, 2005

March 2005

## List of Activities

The following activities are all different ways of living actively. Some activities can build strength, while others develop skill, flexibility or endurance. All are worthwhile - and fun.

Badminton	Hop scotch	Sit-ups
Ballet	Jazz dance	Skateboarding
Basketball	Jogging	Skating
Boxing	Jumping	Skiing
Canoeing	Lacrosse	Skipping
Chasing the dog	Marbles	Sliding
Cleaning your room	Modern dance	Snow boarding
Climbing trees	Mountain climbing	Soccer
Cross-country running	Mowing the lawn	Softball
Cross-country skiing	Playing catch	Stretch your muscles
Cycling	Playing at the playground	Square dancing
Dancing	Playing tag	Surfing
Delivering papers	Pushing a swing	Swimming
Exercising in water	Push-Ups	Synchronized swimming
Fencing	Racquetball	Tennis
Field hockey	Raking leaves	Toboggan
Fitness classes	Ride a scooter	Throwing a ball or frisbee
Figure skating	Rhythmics	Track and field
Floor hockey	Roller blading	Trampoline
Flying a kite	Roller skating	Vacuuming
Football	Rowing	Volleyball
Gardening	Rugby	Walking
Gymnastics	Running	Walking the stairs
Handball	Scuba diving	Water polo
Hide n' seek	Shooting baskets	Wrestling
Hiking	Short distance races	Wind surfing
Hockey	Shoveling snow	Yoga

Adapted From Project APEX, 2000

March 2005

# Activities For Promoting Active Living At School

## Posters and Display (classroom or school)

- ▶ have students develop posters about being active
- ▶ have students write active living messages and post them
- ▶ display physical activity guides
- ▶ display existing physical activity posters

## Wellness Days/Health Fairs

- ▶ displays/booths can be developed by students and/or health professionals

## Active Living Announcements

- ▶ during morning announcements have a student broadcast a tip about active living

## Active Living Goals and Competitions

- ▶ class or whole school can set a goal for the number of minutes of activity to do daily - Have different classes within the school estimate how much physical activity is done by the class on a daily basis and challenge another class to see which group can make the biggest improvement.
- ▶ hold school walks/runs (e.g. Annual Terry Fox Run)
- ▶ participate in the Stepping Out Program that is offered by the *PEI Active Living Alliance*

## Physical Education at Your School

- ▶ offer a quality physical education class
- ▶ encourage students to participate in physical education class
- ▶ offer intramurals at your school (before school, at lunch, or after school)
- ▶ encourage the school to offer a “late bus” for children who would like to stay after school for intramurals.
- ▶ encourage school gyms to be available to kids and families after school, on weekends, and holidays to provide more opportunities for activities
- ▶ encourage students to get out and be active at recess time
- ▶ classroom “motion” breaks - take 5-10 minutes to do an active activity during class time
- ▶ form a walking club for students
- ▶ organize a walking school bus
- ▶ invite a guest speaker to talk to students about Active Living
- ▶ involve youth in planning, developing, and implementing healthy living programs that are designed for them

## Parent Education Seminars

- ▶ invite a guest speaker to provide information to parents about active living

# Where to Find More Activities: Useful Active Living Websites For Educators

**Health Canada's Physical Activity Guide**

[www.paguide.com](http://www.paguide.com)

**PEI Active Living Alliance**

[www.peiactiveliving.com](http://www.peiactiveliving.com)

**Coalition for Active Living**

[www.activeliving.ca](http://www.activeliving.ca)

**Canadian Intramural Recreation Association of Ontario**

<http://www.mohawkc.on.ca/external/cira/>

**CAHPERD - The Canadian Association For Health, Physical Education, Recreation & Dance**

<http://www.cahperd.ca/>

**Canadian Society For Exercise and Physiology**

<http://www.csep.ca/>

**Activ8**

[www.activ8.org](http://www.activ8.org)

**Active Kids: Any Time, Any Place Active**

[www.ophea.org](http://www.ophea.org)

## Contact Information

For more information about Active Living, please contact the following organizations:

### Active Living Alliance

PO Box 1352, 40 Enman Crescent  
Charlottetown, PE  
C1A 7N1  
Tel: (902) 569-7688  
Fax (902) 569-7640  
E-mail: [info@peiactiveliving.com](mailto:info@peiactiveliving.com)  
Website: [www.peiactiveliving.com](http://www.peiactiveliving.com)

### Sport PEI

PO Box 302, 40 Enman Crescent  
Charlottetown, PE  
C1A 7K7  
Tel: (902) 368-4110  
Toll Free: 1-800-247-6412  
Fax: (902) 368-4548  
E-mail: [sports@sportpei.pe.ca](mailto:sports@sportpei.pe.ca)  
Website: [www.sportpei.pe.ca](http://www.sportpei.pe.ca)

### Regional Recreation/Sport Coordinator - Western

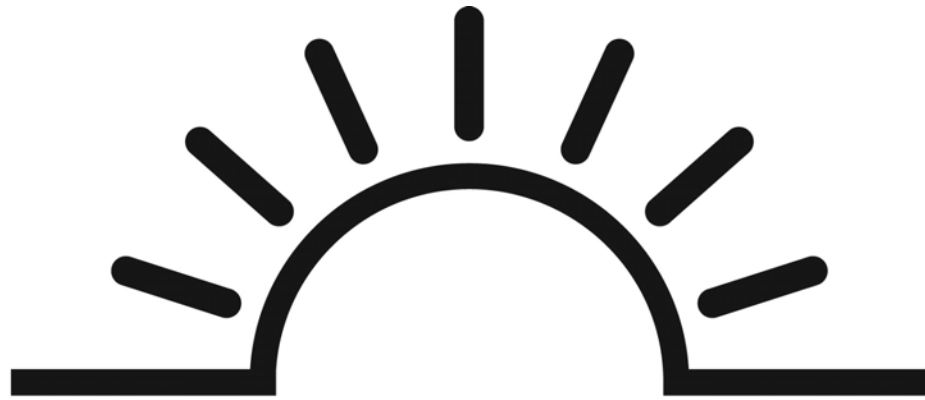
Joanne Wallace  
PO Box 8  
O'Leary, PE  
C0B 1V0  
Tel: (902) 859-8861  
Fax: (902) 859-8709  
E-mail: [jpwallacwe@gov.pe.ca](mailto:jpwallacwe@gov.pe.ca)

### Regional Recreation/Sport Coordinator - Central

Francois Caron  
Access PEI  
Box 2063  
Summerside, PE  
C1N 5L2  
Tel: (902) 432-2706  
Fax: (902) 888-8023  
Email: [frcaron@gov.pe.ca](mailto:frcaron@gov.pe.ca)

### Regional Recreation/Sport Coordinator -Eastern

Sport & Recreation Section  
Community & Cultural Affairs  
P.O. Box 2000  
Charlottetown, PE  
C1A 7N8  
Tel: (902) 368-5509  
Fax: (902) 368-4663  
E-mail: [jwmorris@gov.pe.ca](mailto:jwmorris@gov.pe.ca)



Canada's Physical  
Activity Guide and  
Accompanying  
Documents



**Canada's Physical Activity Guide** can be found online at:

<http://www.phac-aspc.gc.ca/pau-uap/fitness/pdf/guideEng.pdf>

**Physical Activity Guide for Children** can be found online at:

[http://www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/pdf/guide\\_k\\_en.pdf](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/pdf/guide_k_en.pdf)

**Physical Activity Guide for Youth** can be found online at:

[http://www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/pdf/guide\\_y\\_en.pdf](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/pdf/guide_y_en.pdf)