



NWT: Physical Activity

Part A: Answer the following questions

1. Frequency: How often?

In a typical week, how many times are you physically active enough to cause sweating and a rapid heart beat?

- At least three times Once or twice Rarely or never

2. Intensity: How hard?

When you are being physically active, do you feel like you are making:

- An intense effort A moderate effort A light effort

3. Perceived fitness

How would you rate your current level of fitness?

- Very good Good Average Poor Very Poor

Part B: Circle your score from part A on the table below

Item	Male	Female	Male	Female	Male	Female
1. Frequency: How often?	Rarely or never		Once or twice		At least 3 times	
	0	0	2	3	3	5
2. Intensity: How hard?	Light effort		Moderate effort		Intense effort	
	0	0	1	2	3	3
3. Perceived Fitness	Very poor or poor		Average		Good or very good	
	0	0	3	1	5	3
Health Benefit Score:						<input type="text"/>

Part C: Determine your health benefit score from B

Total Score	9—11	6—8	4—5	1—3	0
Health Benefit Zone:	Excellent	Very Good	Good	Fair	Needs Improvement
Average daily step count ^{2,3}	≥ 10,000	9999 - 7000	6999 - 5001	≤ 5000	
Step conversion in minutes*	≥ 100	≈ 99 - 70	≈ 69-50	≤ 50	

*10 minutes of walking at a moderate pace = about 1000 steps

Sedentary Behaviour

- In a typical week, how much time do you usually spend sitting (*estimate to the nearest 1/2 hour*):
 - Workdays: _____ hours per day? **Stand up and move after 30 minutes of uninterrupted sitting⁴**
 - Non-workdays: _____ hours per day? **Watch ≤ 2 hours of TV per day⁵**
- When you are sitting, how often do you get up to move around _____ ? **Sit for < 3 hours at a time⁵**

¹Canadian Society of Exercise Physiology (2004). Canadian Physical Activity, Fitness and Lifestyle Approach: Figure 4-6.

²Tudor-Locke C., et al. (2012). A step-defined sedentary lifestyle index: < 5000 steps/day. *Applied Physiology, Nutri, and Meta* 38(2).

³Marshall, S. J., et al. (2009). Translating physical activity recommendations into a pedometer-based step goal: 3000 steps in 30 minutes. *Am J Prev Med*, 36(5).

⁴Owen, N., et al. (2011). Adults' sedentary behavior: determinants and interventions. *Am J Prev Med*, 41(2).

⁵Katzmarzyk, P. T., & Lee, I. M. (2012). Sedentary behaviour and life expectancy in the USA: a cause-deleted life table analysis. *BMJ*, 2(4).

Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

Pick a time. Pick a place. Make a plan and move more!

- Join a weekday community running or walking group.
- Go for a brisk walk around the block after dinner.
- Take a dance class after work.
- Bike or walk to work every day.
- Rake the lawn, and then offer to do the same for a neighbour.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again or try a new sport.
- Be active with the family on the weekend!

**Now is the time. Walk, run,
or wheel, and embrace life.**



www.csep.ca/guidelines