

FOR IMMEDIATE RELEASE

New Canadian Physical Activity Guidelines released

Children need at least 60 minutes of physical activity per day and adults 150 minutes per week

TORONTO (ONTARIO) January 24, 2011 – The Canadian Society for Exercise Physiology (CSEP) today announced new Canadian Physical Activity Guidelines. The new guidelines state children (5-11 years) and youth (12-17 years) require at least 60 minutes of moderate- to vigorous-intensity activity per day while adults (18-64 years) and older adults (65 years and older) must get at least 150 minutes of moderate- to vigorous-intensity physical activity per week. Importantly, Canadians should try and exceed the minimum activity thresholds as the greater the variety, intensity and duration of the physical activity, the greater the health benefit.

“The new Physical Activity Guidelines provide a minimum target to gain substantial health benefits. Currently, only 9 per cent of boys and 4 per cent of girls accumulate 60 minutes of moderate- to vigorous-intensity physical activity per day,” says Dr. Mark Tremblay, Chair of the Physical Activity Guidelines Committee of the CSEP. “Canadians must add more physical activity to their daily routines to promote and preserve their health and well-being.”

These guidelines are the result of over four years of research analysis funded by several groups including the Public Health Agency of Canada. They provide clear and concise instructions and tips for Canadians to achieve required levels of physical activity.

The new physical activity guidelines state:

Children (5-11 years) and Youth (12-17 years)

- For health benefits, children aged 5-11 years and youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:
 - Vigorous-intensity activities at least 3 days per week
 - Activities that strengthen muscle and bone at least 3 days per week
- More daily physical activity provides greater health benefits.

Adults (18-64 years)

- 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.

Older Adults (65 years and older)

- To achieve health benefits and improve functional abilities, adults aged 65 years and older 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.
- Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- More physical activity provides greater health benefits

“As leaders in physical activity, we aim to increase the Canadian public’s awareness, adoption and implementation of the Canadian Physical Activity Guidelines,” says Audrey Hicks, President of CSEP. “We’ve worked with numerous partners, including the Healthy Active Living and Obesity (HALO) Research Group at the Children’s Hospital of Eastern Ontario (CHEO), to develop the new Guidelines. Our scientists have undertaken the most rigorous process to date to develop guidelines that reflect the evidence and will truly benefit all Canadians”.

The new Canadian Physical Activity Guidelines can be found online and are downloadable on CSEP’s website: www.csep.ca/guidelines.

About the Canadian Society for Exercise Physiology

The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, health and fitness research and personal training in Canada. CSEP fosters the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science. CSEP is the GOLD STANDARD of health and fitness professionals dedicated to getting Canadians active safely by providing the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research. For more information, visit www.csep.ca

-30-

For more information, to schedule an interview or speak to a spokesperson, please contact:

Laura Teed
Hill & Knowlton
(416) 413-4610
laura.teed@hillandknowlton.ca