

Move more... Move often

How to build movement into your day



Move for at least 1–3 minutes every hour!

How intense is your activity?

Intensity	Activities	Occupations*
Vigorous	<ul style="list-style-type: none"> Running (>4km/hr) Weight lifting Swimming Dancing 	<ul style="list-style-type: none"> Firefighter Truck driver (loading/unloading) Road crew (digging, jack hammering, driving heavy machinery)
Moderate	<ul style="list-style-type: none"> Brisk walking (>3km/hr) Vacuuming Moving furniture/organizing room Painting Gardening 	<ul style="list-style-type: none"> Garbage collector Custodian (vacuuming, mopping) Hotel housekeeper Roofer Yard worker/lawn keeper Painter
Light	<ul style="list-style-type: none"> Standing and talking Sitting and eating Washing dishes Shopping Child care (feeding, dressing, bathing) Slow walking (\leq3km/hr) 	<ul style="list-style-type: none"> Road crew (standing, directing traffic) Cook, chef Mail carrier Custodian (dusting, light cleaning) Taxi driver, bus driver, truck driver Heavy equipment operator (automated, not driving) Police officer (directing traffic/driving) Store clerk Welder
Sedentary	<ul style="list-style-type: none"> Working at a computer Watching TV Sitting and reading 	<ul style="list-style-type: none"> Police officer (riding in a car) Office work (sitting tasks, meetings) Data entry operator (typing, computer)

METs

*For specific METs and additional activities or occupations, please refer to the Compendium of Physical Activities

<https://sites.google.com/site/compendiumofphysicalactivities>

One metabolic equivalent of task (MET) is the amount of energy your body uses when at rest (i.e., sleeping). As activity increases so does the number of METs your body uses.

Move more...

For adults 18–64 years of age, Canadian Physical Activity Guidelines recommend:

“At least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more”

Move often...

Sitting or standing for long periods of time can have negative effects on your health, even if you are meeting Canadian Physical Activity Guidelines. Therefore:

After 60 minutes of sitting or standing, move for at least one to three minutes.

Ways to move more and move often

Be active going to work

- Walk your kids to school
- Walk or cycle to work
- Park your car at the back of the lot

Stay active at work

- Take the stairs
- Move during breaks
- Stretch at your desk
- Have walking meetings
- Use a bathroom further away from your desk

Continue to be active after work

- Take public transit
- Play outside with family and friends
- Exercise indoors (e.g., use a treadmill, do housework)
- Walk the dog

If your job involves lots of movement, be careful not to sit for long periods when you are not at work.

Benefits of moving more and moving often

Improve your:

- Energy level
- Concentration, memory and alertness
- Work-life balance
- Fitness level
- Feelings about yourself and self-confidence

Reduce your:

- Stress level
- Risk for injury at work
- Time off due to illness
- Risk for heart disease, high blood pressure, diabetes and some types of cancer

Tips for success

- Set a goal and create a plan to reach that goal
- Start off slowly and build up to your goal. Small steps lead to successful goals
- Be active with family and friends
- Keep a pair of comfortable shoes at work
- Build movement into your daily routine. It does not have to be one more thing on your “To-Do” list.
- Use a calendar to record steps, time or distance
- Stick to it! You need to try a new activity for about four to six weeks before the activity becomes a natural part of your routine and you start to see some benefits.
- Have fun!

More information:

Canadian Physical Activity Guidelines:
www.csep.ca/guidelines

Region of Waterloo Public Health:
www.regionofwaterloo.ca/physicalactivity
519-575-4400 (TTY 519-575-4608)

ParticipACTION:
www.participaction.com