

# Now is the time to get up and get moving!



## Canadian Physical Activity Guidelines For 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.

