

A Guide to Exercise

Where to start?

Canada's 24 Hour Movement Guidelines

- Physical Activity
 - Accumulate 150 minutes/week of moderate to vigorous aerobic activity
 - Muscle strengthening exercise 2-3 times weekly using major muscle groups
 - Several hours of light physical activity including standing and light walking
- Sleep
 - Getting 7-9 hours of good-quality sleep regularly, with consistent bed and wake-up times
- Sedentary behaviour
 - Limit sedentary behaviour to no more than 8 hours
 - Less than 3 hours of recreational screen time
 - Sit less, move more - break up long periods of sitting by standing, walking

Sit Less, Move More

- Adding light physical activity into your tasks of daily living is a great first step to becoming more active!
- Ways to move more
 - Park farther away than usual at the store
 - Take the stairs rather than the elevator
 - Stand and stretch at least once every hour at work
- Incorporating these activities in addition to a structured exercise routine will help you to follow the 24 hour movement guidelines.

FITT Principle

The FITT principle provides a guideline for how to structure your exercise routine

F: Frequency	How often you exercise
I: Intensity	How hard the exercise is
T: Time	The duration of the exercise
T: Type	What mode of exercise you choose

A Guide to Aerobic Exercise

Aerobic Exercise

Aerobic exercise focuses on strengthening the cardiovascular system and is commonly referred to as “cardio”.

Examples include walking, jogging, swimming, or cycling. Try a few different activities to see which one is most achievable and enjoyable.

Aim for three 30 minute sessions a week. If 30 minutes is too much, break it down into smaller sections, like 3 10 minute walks over the course of the day.

Eventually, the goal is to accumulate 150 minutes of aerobic exercise over 3-5 sessions per week.

Monitoring Intensity

It's important to exercise at the right intensity for the most benefit. Aerobic exercise should feel moderately to somewhat hard. To gauge exercise intensity, it is best to use the rating of perceived exertion (RPE scale).

RPE	Perceived Exertion	Effort
6-7 8-9 10	None Very light Light	Low
11-13 14	Moderate Somewhat hard	Moderate
15-17	Hard	Heavy
18-19 20	Very hard Maximal effort	Severe

Monitoring Intensity

When exercising, start with a warm-up at an intensity of around 8-10, before increasing the intensity to 11-16. During aerobic exercise, it's important to maintain a moderate to somewhat hard intensity that is slightly difficult but sustainable.



Safety Considerations

- Always check with your physician prior to beginning an exercise routine
- Always complete a proper warm-up and cooldown before and after exercise.
- Try to exercise 1.5-2 hours after eating and taking prescribed medications
- Stop exercising if you feel lightheaded or dizzy, experience chest pain or pressure, or feel extremely short of breath.