



How-to Talk About Physical Activity in 5 Minutes



What is the difference between physical activity and exercise?

Physical activity is a broad term that refers to any form of movement produced by the body that requires energy.

Exercise is a sub-set of physical activity and refers to any form of **planned** physical activity with the purpose of enhancing or maintaining physical fitness (muscular strength/endurance, flexibility, cardiorespiratory) and is often performed under the direction and advice of a fitness professional (like a video or exercise PDF from a reputable organization or group like ParticipACTION).

*For clients new to movement, we would encourage promoting increased physical activity.

The **Canadian 24-Hour Movement Guidelines for Adults** and **Older Adults** recommend that adults should aim for:

- ▶ 150 minutes of moderate-vigorous physical activity per week
- ▶ Multiple hours of light physical activity per day
- ▶ 2-3 sessions of muscle- and bone-strengthening activities
- ▶ For those 65+, physical activities that challenge balance should also be included

For optimal results, try to move your body every day.



How-to Talk About Physical Activity in 5 Minutes



How do I know if I am moving at a moderate to vigorous intensity?

Moderate to Vigorous Intensity

- ▶ Breathing harder
- ▶ Increased heart rate
- ▶ Feel warmer (may be sweating)

Examples

- Brisk walking or wheeling
- Stair climbing
- Swimming or aquatic exercise
- Kayaking or cross country skiing
- Sports like pickleball or sledge hockey
- Gardening or household chores
- Berry picking, fishing, or hunting

Light Intensity

- ▶ Able to carry on a conversation
- ▶ Able to whistle or sing a tune

Examples

- Standing
- Stretching
- Playing an instrument
- Washing dishes
- Folding laundry
- Strolling

Quick Tips To Share with Clients who are Getting Started

- ▶ **Complete the Get Active Questionnaire**
- ▶ **Start slow (and increase from there)**
 - Avoid pushing yourself too hard all at once. Focus on just moving your body every day, even if only for 10-15 minutes to start.
 - Over time, you can challenge yourself further by extending the duration of your movement, increase your speed, and add an incline, ramp or stairs.
- ▶ **Aim to get active at consistent times throughout the day**
 - Note: avoid participating in overly strenuous physical activity right before bed as it may negatively impact your sleep (overstimulation, etc.)
- ▶ **Choose something fun!**
 - Select an activity that brings you joy. If you're not enjoying yourself, you're less likely to want to repeat the behaviour.

Speak to a Health Care Provider for more information on how physical activity can improve your life or visit www.gov.nl.ca/tcar



How-to Talk About Physical Activity in 5 Minutes



Health Care Provider Question and Answer

Q How many days per week do you engage in moderate intensity physical activities (like going for a brisk walk)?

A Did you know that regular moderate intensity physical activity, like brisk walking or gardening, can help prevent heart disease, reduce the risk of type-2 diabetes, can lower blood cholesterol levels, and may prevent some cancers?

Share [Canadian 24 Hour Movement Guidelines for Adults PDF](#)

Q Do you keep track of your physical activity? Did you know tracking your physical activity can help you develop a life-long habit?

A Use a health and fitness app or keep a monthly calendar handy. Using an app or calendar will encourage you to explore and track various types of physical activity that can make a difference to your overall health and well-being. Physical activity can be done as part of work, sport and recreation, be a mode of transportation to get from one place to another (ie: walking, wheeling and cycling), or it can be completing everyday household tasks like vacuuming or dusting.

Share [Sleep and Physical Activity Journal PDF](#)



How-to Talk About Physical Activity in 5 Minutes



Health Care Provider Question and Answer

Q

So, you're interested in becoming more active?

A

Let me walk you through the current Canadian 24 Hour Movement Guidelines for Adults, and from there, let's take a few minutes to establish a SMART goal that we can use to motivate and monitor your progress!

Share [Canadian 24 Hour Movement Guidelines for Adults PDF](#)
and [How to Set SMART Goals PDF](#)

Q

How many hours of quality sleep do you achieve on average, each night?

A

The current Canadian 24 Hour Movement Guidelines for Adults recommend you achieve 7 to 9 hours of good quality sleep on a regular basis, 7 to 8 hours for those 65+.

Share [Sleep Hygiene PDF](#)

Q

How many hours per day, on average, would you say you spend in a sitting or lying position, being sedentary?

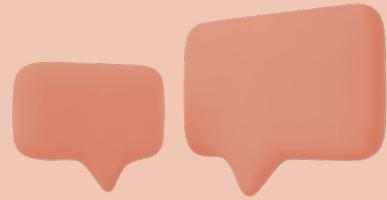
A

Reduce sedentary time by standing, wheeling or walking, or by moving your body, for 2-3 minutes every hour throughout the day!

Share [Get Fit as You Sit PDF](#)



How-to Talk About Physical Activity in 5 Minutes



Client Question and Health Care Provider Answer



Can I be active even though I have been diagnosed with a chronic illness?



A Yes, in fact, being physically active can help manage symptoms of chronic disease while also helping to reduce the stress you may be feeling managing your chronic illness.

Share [Managing Chronic Disease PDF](#)
and/or [Live Well With Type 2 Diabetes PDF](#)



Is exercise safe for me while/when I am pregnant?



A Yes, all pregnant individuals without contraindications should accumulate at least 150 minutes of moderate-intensity physical activity each week over a minimum of three days per week.

Share [Moving For Two PDF](#)



I am often tired and feel unhappy and unmotivated. Is there anything I can do?

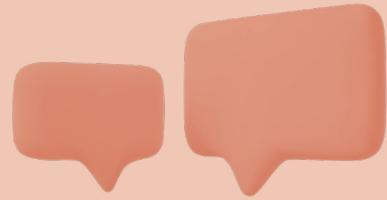


A Regular physical activity can help reduce symptoms of depression and anxiety, benefiting your mental health and improving overall well-being.

Share [Managing Chronic Disease PDF](#)



How-to Talk About Physical Activity in 5 Minutes



Client Question and Health Care Provider Answer



Lately I seem to be forgetting little things like where I have left my keys, or even what time my appointment was today. Is there something I can do?



A Regular physical activity can improve brain health, for example, it can improve memory, reduce cognitive decline and risk of dementia.

Share [Beginner Walking Program PDF](#)



I am hesitant to try new things, and have a deep fear of injury keeping me from participating in fun activities with friends and family.



A Physical activity can help you increase and maintain balance and coordination to help you get more out of daily physical activity, and help you prevent falls.

Share [How to Get Started PDF](#)