



Read the Guidelines

The Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines are divided by the age categories listed below.

Visit [guidelines](#) to download or order info sheets and to download related resources. The Background Information page contains details of the development and release of the Guidelines. You can also purchase printed copies of the Guidelines info sheets in pads of 50 from [store.csep.ca](#)

Guidelines for the Early Years (aged 0-4 years)

Canadian Physical Activity Guidelines (0-4 years)

Canadian Sedentary Behaviour Guidelines (0-4 years)

Canadian Physical Activity Guidelines (0-4 years)

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily - particularly through interactive floor-based play.



Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180

minutes of physical activity *at any intensity* spread throughout the day, including:



A variety of activities in different environments.



Activities that develop movement skills.



Progression toward at least 60 minutes of energetic play by 5 years of age.



More daily physical activity provides greater benefits.

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

Canadian Physical Activity Guidelines (5-11 and 12-17 years)

Canadian Sedentary Behaviour Guidelines (5-11 and 12-17 years)

Canadian Physical Activity Guidelines (5-11 and 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.

Guidelines for Adults (18-64 years) and Guidelines for Older Adults (65 years and older)

Canadian Physical Activity Guidelines (18-64 years)

Canadian Physical Activity Guidelines (65 years and older)

Canadian Physical Activity Guidelines (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 daily physical activity provides greater health benefits.

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3h

Do you know when + how to stretch to best prepare your muscles for activity & prevent injuries? This can help you: ow.ly/VFmRY

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Anthony Blazeovich

@TonyBlazeovich

8 Dec

Should we stretch during sports warm up? May stimulate some debate, but I enjoyed the 2 years of work on this - nrcresearchpress.com/doi/full/10.11...

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New research released today endorsed by CSEP in @APNMjournal on getting the most from your stretching routine: ow.ly/VCRuf

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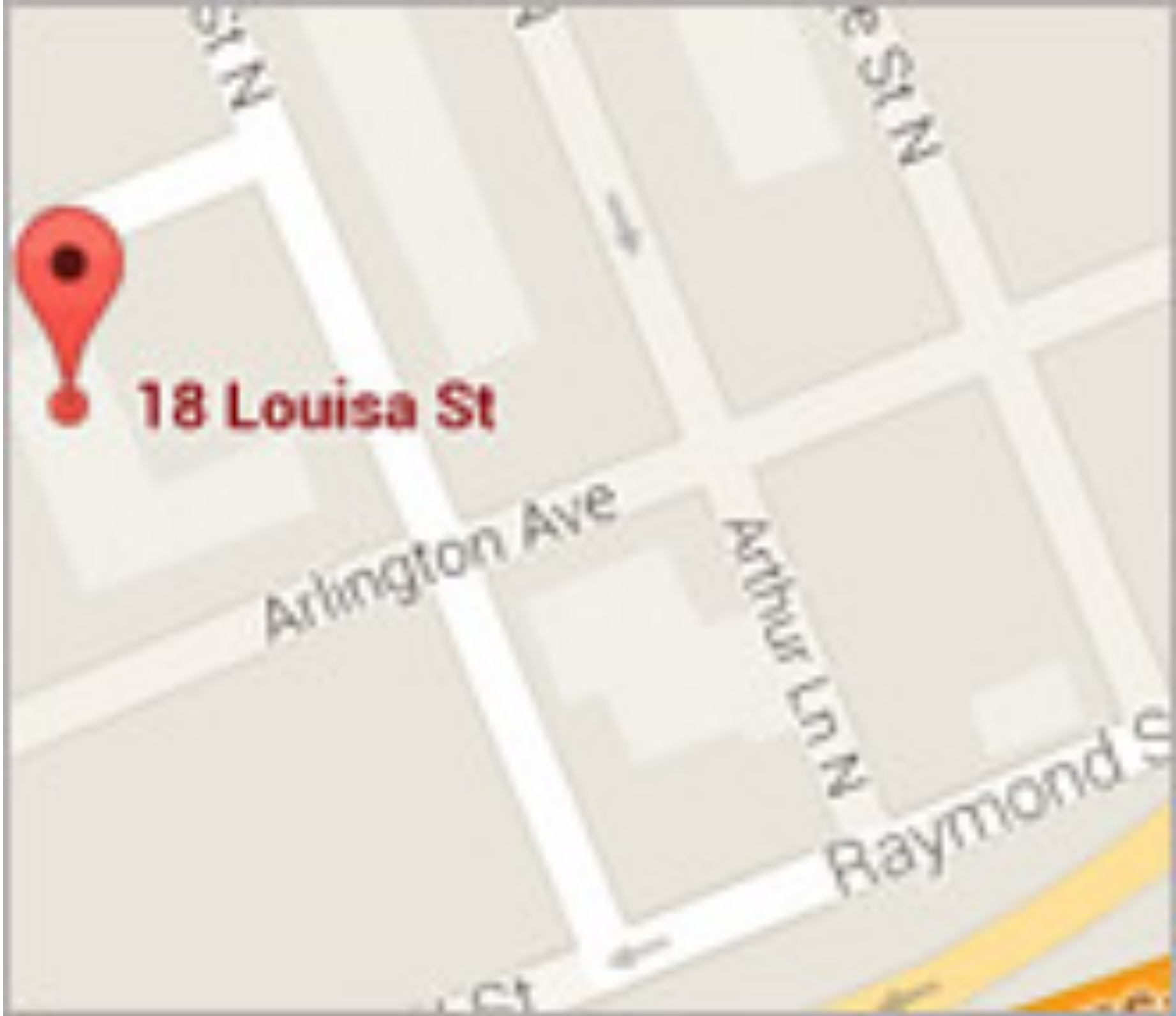
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There are some new faces in Canadian sport leadership. Meet Qualtrough & Smith: faces of cbc.ca/1.3346079

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