

BE FIT FOR LIFE'S GUIDE FOR PARENTS: PHYSICAL ACTIVITY AT HOME DURING THE COVID-19 PANDEMIC



There are lots of physical activity resources being shared through different media channels during this time, which we recognize can be overwhelming. This simple guide can help you choose and develop a physical activity plan that works for your family.

PHYSICAL ACTIVITY RECOMMENDATIONS IN CANADA

Children aged 3 - 4: 180 minutes of physical activity at any intensity spread throughout the day including at least 60 minutes of energetic play.

Children aged 5 - 17: At least 60 minutes of moderate to vigorous activity per day.

Adults aged 18 - 64: At least 150 minutes of moderate to vigorous activity per week.

For more detailed information about these guidelines, please visit: <https://csepguidelines.ca/>



KEEP PHYSICAL ACTIVITY FUN

Physical activity should be a positive experience for children (adults too!). When children are having fun while they are being active, they are more likely to be active again, helping them to build healthy habits that can last a lifetime.

OFFER CHOICE AND OPTIMAL CHALLENGE

Allowing children choice in how they want to be physically active offers a greater chance that they will sustain the activity and have fun while doing it. Choice also fosters creativity!

When trying new activities, try to help children find an optimal level of challenge that suits them. Tasks that are too easy may result in boredom, while tasks that are too hard may result in frustration. Helping your child find their optimal level of challenge where they can experience success with some failures along the way helps to build their confidence and motivation!



Unless you have been advised otherwise, health officials say it is safe to be outdoors while self-isolating so long as you can maintain a distance of at least 2 meters from others. Not only are we more physically active when we are outdoors, it can help boost our immune system, provide essential vitamin D, support quality family time and can do wonders for our mental health!

GO OUTSIDE

SWEAT IT, BUT DON'T SWEAT IT

It is important to keep our bodies moving during this time - it is good for our physical and mental health. Physical activity can help children concentrate when it comes to their at home learning so use it to your advantage! Small bursts of activity all add up and can really make a difference. Your family plan for physical activity doesn't have to be perfect, just try to be consistent with your efforts. Just do your best. We are all in this together!

