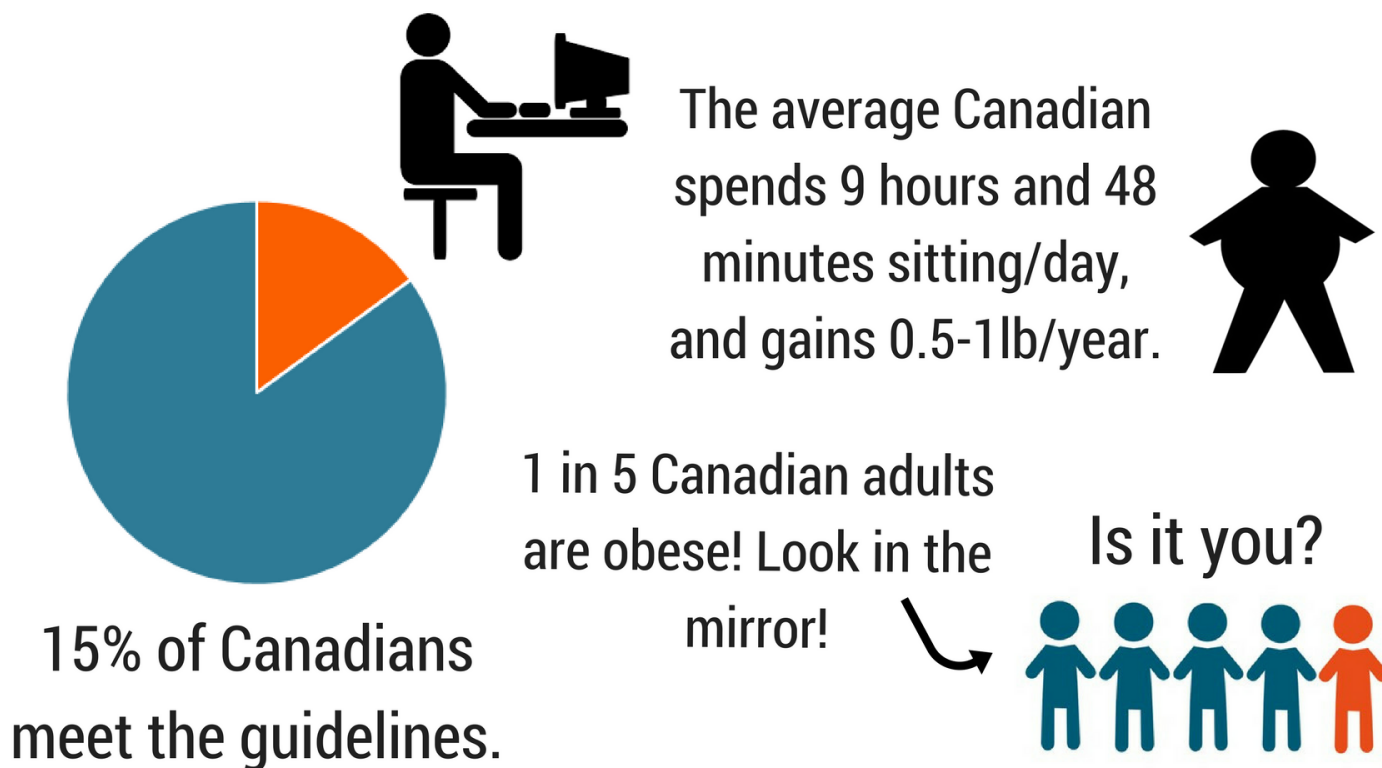


A woman with dark hair tied in a bun is shown from the back, wearing a yellow sports bra with white straps. She is stretching her arms behind her head. The background is a blurred indoor setting with blue and white tones.

How can physical activity
participation get you
the body you
want?

Stats & Info

Physical activity guideline for Canadian adults: 150 minutes of moderate to vigorous physical activity/week.



IF YOU INCREASE YOUR PHYSICAL ACTIVITY IN 10 MINUTE BOUTS, THESE ARE SOME POTENTIAL BENEFITS.

Short-term (a single session of activity)	Medium-term (4-8 weeks of regular activity)	Long-term (months-years of regular activity)
To meet new people New workout gear Conversation starter Romantic opportunities	Build new relationships Self-confidence Self-worth Positive attention Increased muscle mass	Better posture Weight control Build social skills Lean body mass Body composition

Benefits of Physical Activity

For you

Do you participate in
150 minutes of
moderate to
vigorous physical
activity per week in
bouts of 10 minutes
or more?

☐ Yes ☐ No ☐ I don't know

Moderate activity:

Brisk walk
Light bike
Light weights
Shoveling
Light swim

Vigorous activity:


Running
Spin class
Boot Camp
Heavy weights
Interval training

Do you do strength-
based physical
activity 2 times per
week for each
muscle group?

☐ Yes ☐ No ☐ I don't know

YOUR top 3 most important
short-term physical activity
benefits:

YOUR top 3 most important
medium or long-term
physical activity benefits:

A photograph of a woman's midsection and upper arms. She is wearing a black sports bra and black shorts. Her skin is fair, and her midsection is toned, showing the navel. The background is dark. Overlaid on the right side of the image is white text in a serif font.

Are you active
enough to look
the way You
want to look?