

# PHYSICAL ACTIVITY AND HEALTH

## **What are the Physical Activity Guidelines for maintaining fitness for children and adolescents?**

- 1 hour or more of physical activity every day
- Most of the hour or more should be either moderate to vigorous intensity

## **What is physical activity?**

Physical activity includes exercise, sports, leisure activities, (skiing, snowboarding, biking, raking leaves) and dance.

## **What is the difference between moderate and vigorous intensity?**

Moderate intensity can be performed for a longer time with a lower heart rate. For example, walking 2 miles in 30 or more minutes

Vigorous activity can be performed for a shorter time with a higher heart rate. For example, walking 2 miles in less than 30 minutes Sweating and breathing harder occur with vigorous activity.

## **What is physical fitness?**

- It is a condition that enables us to perform up to our potential.
  - It is a condition that helps us look and feel better.
  - It is the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying other activities.
  - It involves the performance of heart & lungs, and the muscles of the body.
  - And since, what we do with our bodies also affects what we can do with our minds, fitness influences qualities such as mental alertness and the ability to handle our emotions effectively.
  - It is important to remember that fitness is influenced by age, sex, heredity, personal habits, exercise, and eating practices. It is an individual quality that varies from person to person and can be improved at any age.
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