

LIVESAFE

► Active Living at Work

Active living is an approach to life that values and includes physical activity in everyday living. You can find ways to be active at work, school, home, and during leisure time.

Active living means making physical activity part of everyday life whether you are taking the stairs instead of the elevator, gardening, taking the kids or dog to the park, walking to the other building at your facility, or swimming laps in the pool.

How much activity is enough?

It is easier than you think to be "physically active". Health Canada's Guide to Physical Activity says you need anywhere from 30 to 60 minutes of moderate physical activity most days of the week to experience significant health benefits. This goal can be achieved throughout the day by accumulating 10-minute periods of activity. Physical activity should include a mixture of endurance, flexibility and strength activities to strengthen the heart and lungs, keep joints flexible and mobile, and maintain strong bones.

The following chart is an example of the Health Canada recommendations:

TIME NEEDED DEPENDS ON EFFORT

Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
	60 minutes a day (Can accumulate in 10 minute periods)	30-60 minutes (As you progress, you can cut down to 30 minutes, 4 days a week)	20-30 minutes	
Strolling Dusting	Light walking Volleyball Easy gardening Stretching	Brisk walking Biking Raking leaves Swimming Dancing Water aerobics	Aerobics jogging Hockey Basketball Fast swimming Fast dancing	Sprinting Racing

HOW SHOULD I FEEL WHILE EXERCISING? HOW WARM AM I? WHAT IS MY BREATHING LIKE?

No change from when you are resting	Starting to feel warm	Warmer	Quite warm	Very hot Perspiring heavily
Normal breathing	Slight increase in breathing rate	Greater increase in breathing rate	More out of breath	Completely out of breath

Adapted from: *Health Canada's Guide to Physical Activity*

**WORK
SAFE.
LIVE
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BE
SAFE.**