

PHYSICAL ACTIVITY AND PHYSICAL LITERACY: ADULTS 18-64

GUIDANCE TOOL FOR HEALTH CARE PROFESSIONALS

We all have a role to play in promoting physical activity for improved health and quality of life.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Developing physical literacy enables participation in activities that contribute to improved health and prevent chronic disease. **Acquiring functional skills and knowledge** enables enjoyment and successful participation in **physical activity for a lifetime**, which helps clients/patients **maintain mobility and live longer, happier lives**. Individuals of any age and ability can improve physical literacy through activity.



EVERY MOVE COUNTS!

Adding **any** amount of physical activity benefits health. Encourage clients/patients/patients to start slowly and build up gradually.

The Canadian 24-Hour Movement Guidelines recommend adults 18 to 64:

- **Be active each day** – enjoy a variety of moderate to vigorous aerobic activities, accumulating **150 minutes** or more per week
- Include **several hours** of **light physical activity** (including standing) daily
- Work on **muscle strength** at least **twice a week**
- **Sleep well, 7-9 hours**, with consistent routines
- **Minimize** and break up **sedentary time**

View guidelines in full:

csepguidelines.ca/guidelines/adults-18-64/



SCAN ME

Ideas to add in more activity:

- Take the stairs instead of the elevator
- Go for a daily walk/wheel after dinner
- Walk, bike, or wheel instead of driving
- Take your coffee date or meeting “to go” - walk and talk
- Get active as a family
- Try something new: soccer, dance, drumming, hiking, pickleball, etc.

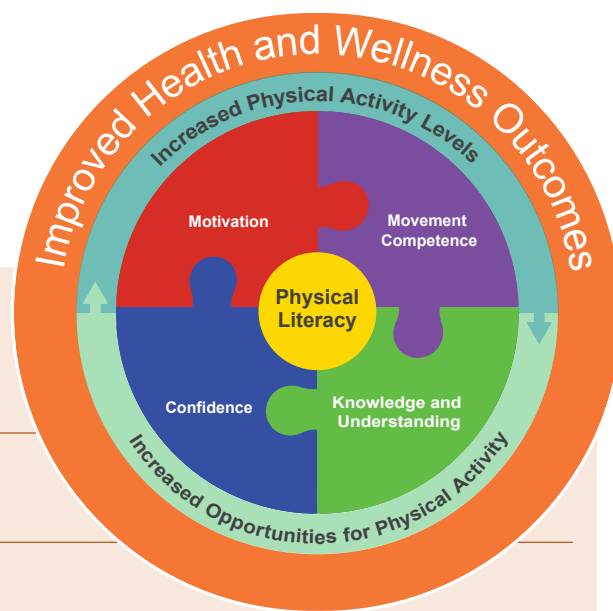
Additional activity ideas:

participation.com/en-ca









SCAN ME







Use this tool to guide evidence-informed conversations with clients/patients about physical activity, tailored to their current status and interest. The puzzle pieces in the image below indicate which physical literacy domain(s) align with each question and key message.







Potential Questions to Ask

-  What motivates you? What matters most to you?
-  What do you value? (e.g., having more energy, preventing disease, improving mental health, etc.)
-  What stops you from engaging in physical activity or trying a new activity? How confident do you feel about it? Are you hesitant or uncertain about how it will go?
-  Is there an activity you are interested in but doubt your ability? What are your concerns about trying that activity?
-  If being active can help you meet your goals, is there anything stopping you from increasing your activity?
-  Is there anything new you'd like to try? What barriers might you be facing, and what would help?

Key Messages

-  Physical activity can treat and/or decrease symptoms of depression and anxiety. Even short bouts of physical activity provide an immediate physical and emotional boost and help manage stress.
-  Physical activity helps improve sleep quality and maintain energy levels throughout the day.
-  Using active transportation (e.g., walking, cycling, wheeling, including to a bus stop, or between stops while running errands) is a great way to be physically active and save money.
-  Physical activity reduces the risk of many diseases (e.g., cancer, heart disease and stroke, type 2 diabetes, osteoporosis, etc.), and may reduce the need for medication.
-  Physical activity boosts the immune system, improves the ability to focus, and supports social connections and mental wellness.
-  Exploring activities and movements will increase skills, competence and confidence. With more practice, ability improves.

Additional Tips for Client/Patient Interaction

-  Recreation centres may have free and/or low-cost opportunities. Going outdoors and/or getting active in the home are also great low-barrier options.
-  Explain how actions are interconnected (e.g., a good sleep provides more energy for physical activity and muscle strengthening, and more activity promotes better sleep).
-  Explain how certain movement skills are complementary to more vigorous activities (e.g., yoga to keep muscles limber for jogging). Demonstrate how to break down/adapt the activity to their level.
-  Encourage them to try different activities to find something enjoyable. Having a positive experience while being active increases motivation to continue participating.