

Canadian Physical Activity Guidelines

GLOSSARY OF TERMS

Glossary

Terminology	Definition	Examples
What is physical activity?	• Movement that increases heart rate and breathing • Any bodily movement produced by skeletal muscles that requires energy expenditure	See examples under Moderate, Vigorous activities
What are physical activity guidelines?	Physical Activity Guidelines describe the <i>amount</i> and <i>types</i> of physical activity that offer substantial health benefits for Canadians.	• Canadian Physical Activity Guidelines for Children (5-11 years) • Canadian Physical Activity Guidelines for Youth (12-17 years) • Canadian Physical Activity Guidelines for Adults (18-64 years) • Canadian Physical Activity Guidelines for Older Adults (65 years and older)
Aerobic physical activity:	• Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. • Aerobic activity – also called endurance activity – improves cardiorespiratory fitness.	Examples include brisk walking, running, swimming, and bicycling.
Apparently healthy	CHILDREN AND YOUTH • Those without chronic conditions such as congenital heart defects, juvenile arthritis, and diabetes. ADULTS • Those without chronic conditions such as heart disease, diabetes, COPD, and kidney disease. • Refers to the absence of disease based on clinical signs and symptoms and function, normally assessed by routine laboratory methods and physical evaluation.	To determine whether you have a health condition, consult the Physical Activity Readiness Questionnaire (PAR-Q) – Adults All ages: PAR-Q+ and ePARmed-X+ (when forms are available)

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Apparently healthy	OLDER ADULTS - Community-dwelling older adults, not in a nursing home or long-term care environment, and not classified as “frail”. - Those without a specific chronic disease or condition (e.g., diabetes, heart disease, prior stroke, or dementia or Alzheimer’s disease, or clinical depression).	To determine whether you have a health condition, consult the Physical Activity Readiness Questionnaire (PAR-Q) – Adults All ages: PAR-Q+ and ePARmed-X+ (when forms are available)
Balance enhancement or Balance training	Static and dynamic exercises that are designed to improve an individual’s ability to withstand challenges from postural sway or destabilizing stimuli caused by self-motion, the environment, or other objects.	Walking on uneven ground (e.g., unpaved areas, forest trails), Tai Chi, yoga
Bone-strengthening activity	- Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. - Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities. - Weight-bearing activities.	CHILDREN - Games such as hopscotch - Hopping, skipping, jumping - Jumping rope - Running - Sports such as gymnastics, basketball, volleyball, tennis
		YOUTH - Hopping, skipping, jumping - Jumping rope - Running - Sports such as gymnastics, basketball, volleyball, tennis - Weight training
		ADULTS - Skipping, jumping, lifting, - Running - Sports such as tennis and volleyball - Weight training

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Bone-strengthening activity	- Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. - Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities. - Weight-bearing activities.	OLDER ADULTS - Lifting, carrying, “foot-stamping” - Heavy gardening - Weight training - Sports such as any sport involving foot impact on ground from jogging or running or jumping (basketball, volleyball, badminton, or impact on other limbs as in tennis or volleyball); - Activities in which the muscle forces act to stress the bone - example rowing will stress the spine
Bout	- Continuous activity that goes for at least 10 minutes per session. - A ‘chunk’ of continuous physical activity.	
Duration	The length of time in which an activity or exercise is performed. Duration is generally expressed in minutes.	
Frequency	The number of times an exercise or activity is performed. Frequency is generally expressed in sessions, episodes, or bouts per day or week.	
Health professional	Qualified exercise professional such as CSEP Certified Exercise Physiologist®, kinesiologist or a health practitioner such as doctor, nurse, physiotherapist, psychologist, occupational therapist.	
Incidental activity	Activities of daily living	Getting the mail, personal hygiene, preparing meals, light cleaning, shopping, banking.
Intensity	- Intensity refers to the rate at which work is being performed or the magnitude of the effort required to perform an activity or exercise. - Intensity can be expressed either in absolute or relative terms.	
ABSOLUTE INTENSITY	The absolute intensity of an activity is determined by the rate of work being performed and does not take into account the exercise capacity of the individual. - For aerobic activity, absolute intensity typically is expressed as the rate of energy expenditure (e.g. milliliters per kilogram per minute of oxygen being consumed, kilocalories per minute, or METs) or, for some activities, simply as the speed of the activity (e.g. walking at 3 miles an hour, jogging at 6 miles an hour), or physiological response to the intensity (e.g. heart rate). - For resistance activity or exercise, intensity frequently is expressed as the amount of weight lifted or moved.	

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RELATIVE INTENSITY	Relative intensity takes into account or adjusts to an individual's exercise capacity. For aerobic exercise, relative intensity is expressed as a percentage of an individual's aerobic capacity (VO_2max) or VO_2 reserve, or as a percentage of an individual's measured or estimated maximum heart rate (heart rate reserve). It also can be expressed as an index of how hard an individual feels he or she is exercising (e.g. on a 0–10 scale).	
Moderate intensity physical activity On an absolute scale, moderate intensity refers to the physical activity that is performed at: 3.0–5.9 times the intensity of rest for adults, - for children and youth it is 4.0–6.9 times the intensity of rest, and - for older adults, activities of about 3.3 times the intensity at rest would be moderate for one of average fitness after age 65 years. On a scale relative to an individual's personal capacity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 0–10. As a rule of thumb, if you're doing moderate-intensity activity you can talk, but not sing your favourite song, during the activity. You're working hard enough to raise your heart rate.		CHILDREN - Active recreation, such as hiking, skateboarding, rollerblading, playground activities - Bicycle riding - Brisk walking
		YOUTH - Active recreation, such as canoeing, hiking, cross-country skiing, skateboarding, rollerblading - Brisk walking - Bicycle riding* (stationary or road bike) - Housework and yard work such as sweeping or pushing a lawn mower - Playing games that require catching and throwing, such as baseball, softball
		ADULTS - Walking briskly (3 miles per hour or faster, but not race-walking) - Water aerobics - Bicycling slower than 10 miles per hour - Tennis (doubles) - Ballroom dancing - General gardening
		OLDER ADULTS "Walking for Exercise" or walking briskly (3 miles per hour or faster, but not race-walking) - Water aerobics - Bicycling slower than 10 miles per hour - Tennis (doubles) - Ballroom dancing - General gardening

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Vigorous-intensity physical activity On an absolute scale, vigorous intensity refers to physical activity that is performed at: • 6.0 or more times the intensity of rest for adults, • approximately 4.0 times the intensity of rest for older adults, and • typically 7.0 or more times for children and youth. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0–10. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath. Your heart rate has gone up quite a bit		CHILDREN Active games involving running and chasing, such as tag • Bicycle riding* • Jumping rope • Martial arts, such as karate • Running • Sports such as ice or field hockey, basketball, swimming, tennis or gymnastics • Cross-country skiing
		YOUTH • Active games involving running and chasing, such as flag football • Bicycle riding* • Jumping rope • Martial arts such as karate • Running • Sports such as tennis, ice or field hockey, basketball, swimming, soccer • Vigorous dancing • Aerobics
		ADULTS • Race walking, jogging, or running • Swimming laps • Tennis (singles) • Aerobic dancing • Bicycling 10 miles per hour or faster • Jumping rope • Heavy gardening (continuous digging or hoeing) • Hiking uphill or with a heavy backpack
		OLDER ADULTS • Fast walking for exercise, uphill walking, walking with a "backpack", jogging • Fast swimming • Fast dancing • Heavy gardening (continuous digging or hoeing)

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Muscle-strengthening activity	- Muscle-strengthening activity: strength training, resistance training, or muscular strength and endurance exercises. - Physical activity, including exercise, that increases skeletal muscle strength, power, endurance, and mass.	CHILDREN - Games such as tug of war - Modified push-ups (with knees on the floor) - Resistance exercises using body weight or resistance bands - Rope or tree climbing - Sit-ups (curl-ups or crunches) - Swinging on playground equipment/bars
		YOUTH - Games such as tug of war - Push-ups - Resistance exercises with exercise bands, weight machines, hand-held weights - Climbing wall - Sit-ups (curl-ups or crunches)
		ADULT - Lifting weights - Working with resistance bands - Doing exercises that use your body weight for resistance (i.e., push ups, sit ups) - Heavy gardening (i.e., digging, shoveling)
		OLDER ADULT - Lifting weights - Working with resistance bands - Doing exercises that use your body weight for resistance (push ups, sit ups) - Heavy gardening (digging, shoveling)

*Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort.