Physical Activity

Youth, ages 12-17 years, should accumulate at least 60 minutes of moderate to vigorous physical activity daily. The more active you are the greater the benefits.¹



What benefits?

- Improve physical health and strength
- Feel happier
- Have fun with friends
- Maintain healthy body weight
- Improve self-confidence
- Learn new skills ¹

Physical activity is linked to improved mental health

Youth who are more physically active are less likely to intentionally hurt themselves, think about suicide or attempt suicide.



1. Canadian Society for Exercise Physiology (CSEP) – Canadian Physical Activity Guidelines (2011) : http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-youth-ENG.pdf

2. McCreary Centre Society: Moving in the right direction: Physical activity among BC youth. http://www.mcs.bc.ca

