

**How much Exercise should I aim to achieve for weight maintenance and treatment/prevention of chronic health conditions?**

**Flexibility**

Daily  
Yoga, Tai Chi,  
Balance exercises,  
stretching

**Strength Training**

2 days a week- Choose 6-8 exercises that target the main muscle groups of the body (upper body, lower body, core/spine)  
Begin with 2 sets of 15 and progress to 3 sets of 12  
Progress with the weight you lift over time

**Cardiovascular (aerobic) activity**

150 minutes a week of moderate, or 75 minutes a week of vigorous physical activity - 10 minute bouts at a time  
Walking, biking, hiking, aerobics videos, elliptical  
Intensity: You can't sing, or 65-75 % of your maximum heart rate. (MHR: 220-age), or to the point where you can't sing.

**Daily Active Living**

**The more the better for overall health ☺**

Sit less (aim for less than 6 hours a day)  
Move more (aim for 6000-10 000 steps a day)  
Examples: gardening, house hold chores, hobbies, golf, gentle walking

Exercise helps to prevent and/or treat and/or maintain functional abilities and/or improve the quality of life in the following conditions:

- Heart Disease & stroke
- Cancer
- High blood pressure
- Osteoarthritis
- Osteoporosis
- Mental Health issues
- COPD
- Parkinson's
- Multiple Sclerosis
- Fibromyalgia
- Type 2 Diabetes

Prepared for use in conjunction with treatment by Katherine Taylor, Registered Kinesiologist with the RFLA Allied Health Team. Please consult Katherine (613-354-3301 ext. 692) or your doctor before engaging in an increase in physical activity.