

- **“Physical activity” has different intensities** – Light, Moderate, and Vigorous. Light activity might be gardening; Moderate activity might include walking the dog, Vigorous physical activity might be a hockey game or a race. Physical activity doesn’t always have to be vigorous!
- **Most high school students get to school by either car or bus** – how much bus money would you save if you walked or biked to school instead?
- If more people walked, cycled or inline skated to school or work every day, we would increase our physical activity levels and reduce greenhouse emissions¹. **Be active and be green!**
- The Aboriginal Sport Circle is Canada’s national voice for Aboriginal sport. They are committed to the development of Aboriginal athletes and coaches – why not check them out today?
www.aboriginalsportcircle.ca
- **Have you ever thought of coaching a local children’s team?** Many community sport programs welcome high school students to participate in coaching their youngest teams – check it out! You may even get credit for volunteering.
- **Physical activity doesn’t have to be in organized structured sports or activities.** Getting outside and being active is great physical activity - it doesn’t have to have rules or uniforms²! Check out www.participation.com/get-moving/tips/ for great ideas!
- Wearing a pedometer will help you keep track of your own daily physical activity – **you should be aiming for 16,500 steps every day**!³
- Canadian Special Olympics athletes compete in both summer and winter sports across Canada – go to www.specialolympics.ca to find out more about a sport or club near you!
- “Bridging the Gap” is a program through the Ontario Wheelchair Sports Association that introduces wheelchair sports (rugby, basketball, tennis, athletics) to Canadian youth. For more information, go to www.ontwheelchairsports.org

¹Active Healthy Kids Canada, Healthy Habits Start Earlier than you Think: Canada’s Report Card on Physical Activity for Children and Youth 2010, ed. A.H.K. Canada. 2010, Toronto, ON.

²Woodcock, J., et al., Public health benefits of strategies to reduce greenhouse-gas emissions: urban land transport. Lancet, 2009. 374(9705): p. 1930-43.

³Findlay, L., R. Garner, and D. Kohen, Patterns of Children’s Participation in Unorganized Physical Activity. Research Quarterly for Exercise and Sport. 81(2): p. 133.

⁴Active Healthy Kids Canada, Healthy Habits Start Earlier than you Think: Canada’s Report Card on Physical Activity for Children and Youth 2010, ed. A.H.K. Canada. 2010, Toronto, ON.