

MOVING BEYOND STAGNATION:

Elevating Physical Activity in Canada



HOW THE FEDERAL GOVERNMENT CAN IMPROVE THE PHYSICAL ACTIVITY LEVELS OF ADULTS IN CANADA

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#), only **46%** of adults living in Canada are getting the recommended 150 minutes per week of moderate-to-vigorous physical activity (PA).

Movement drives economic growth, reduces the strain on Canada's health-care system, strengthens communities, improves mental health and even advances climate change action.

Getting more people in Canada moving can create a stronger, healthier nation, but doing so requires collective action. The Government of Canada can help drive change by:

Policy

- Establishing national measurable population-based targets such as increasing adults' PA rates by a relative 15% by 2030.
- Continuing to promote the health benefits of PA through campaigns, policies and strategies.
- Putting into effect policies that impact multiple sectors and include PA promotion across transportation, urban planning, workplaces and health care.
- Identifying and monitoring indicators for each area of focus in [A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving](#).
- Supporting the implementation of *A Common Vision* and [Canadian Sport Policy 2025-2035](#).

Practice

- Coordinating between national sport-, PA- and recreation-related strategies (e.g., *A Common Vision*, the *Canadian Sport Policy*, the [Framework for Recreation in Canada](#)) and [Canada's Federal Implementation Plan for the 2030 Agenda](#) for addressing the [United Nations' Sustainable Development Goals](#).

Research

- Ensuring that there are data collection methods to provide PA and sedentary behaviour statistics at the provincial/territorial level at least every two years.
- Estimating the return on investment and effectiveness of tax credits and other economic tools for facilitating PA among adults.
- Monitoring how implementing various policies affect PA among diverse populations.
- Ensuring that national surveys collect data from larger, diverse groups of people.

Together, we can help adults in Canada make room to move! Read the [2025 ParticipACTION Report Card on Physical Activity for Adults](#) to learn more.

If you would like to share feedback on our recommendations and/or have additional ideas on how the federal government can support PA, please email us at info@participaction.com.