

# Words of Wellness



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## PHYSICAL ACTIVITY

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APPS

Running App



[www.strava.com](http://www.strava.com)

Track Calories



[www.myfitnesspal.com](http://www.myfitnesspal.com)

Track Activity



[www.participation.com](http://www.participation.com)



Not enough time for exercise?  
Watch this video:

<https://youtu.be/aUaInS6HIGo>

Suggested book: *Hiking Trails of New Brunswick*

### 10 ways to sneak activity into your school day:

1. When your class is headed to gym, go with them and stay for 5 minutes (do laps, skip, squats, etc.)
2. Speed walk when going to the office or staff room/photocopy and take a longer route with stairs if possible
3. When on duty in a large space – be in constant motion, be intentional with your pace, put steps on your “fitbit” if you have one.
4. When on duty in a confined space – stretch, do squats, try “mountain pose”
5. Get outdoors or do indoor laps over lunch period, even if just for a few minutes
6. Incorporate exercise into your lesson – do a push-up, squat or lunge every time students get a question right.
7. On PL Days – get a group together and plan a morning or lunch exercise date.
8. Have a set of hand weights in your work space – sneak in a few sets before leaving for the day
9. Have an exercise ball to replace your chair when sitting for long periods of time
10. Do a wall sit, or hold various squat positions, for 5 minutes during prep period

### Try these activities to get your groove on:

1. Hiking
2. Canoeing
3. Cycling
4. Golf
5. Gardening
6. Tai Chi
7. Aquafit
8. Tennis
9. Pickleball
10. Ladder Toss



### Let's talk intensity

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. On a scale of 0 to 10 (with 10 being an absolute maximum effort and 0 being completely at rest), moderate activities are about a 5 or 6. While doing moderate-intensity activity adults should be able to talk, but not sing along to their favourite song.

Vigorous-intensity physical activities will cause adults to sweat and be out of breath. On a scale of 0 to 10 (with 10 being an absolute maximum effort and 0 being completely at rest), vigorous activities are about a 7 or 8. While doing vigorous activity teens shouldn't be able to say more than a few words without pausing for breath. Adults should do as much vigorous activity as they can.

(<https://www.participation.com/en-ca/benefits-and-guidelines/adults-18-to-64>)

**Physical Activity**  
Think of it as a  
medication you  
need to take daily.