

Why COUNT IT UP?

- ♥ Canada's Physical Activity Guide to Healthy Active Living recommends 30 minutes of moderate physical activity at least 4 days of the week.
- ♥ Eating 5-10 servings of vegetables and fruit each day as part of a healthy diet can help reduce risk of cancer, heart disease and stroke.
- ♥ Eat 5-10 servings of vegetables and fruit each day for better health

Ideas for physical activity:


- ♥ walk to work or school
- ♥ go for a walk during your coffee break
- ♥ start a walking group
- ♥ take the stairs
- ♥ take your dog for a walk
- ♥ join a fitness club




Ideas for Vegetables and Fruits:

- ♥ start your day by adding a fruit to breakfast
- ♥ pack 2 pieces of fruit in your briefcase or lunch bag to eat throughout the day
- ♥ order a salad for lunch
- ♥ drink 100% fruit juice rather than coffee
- ♥ blend a fruit smoothie
- ♥ try a new vegetable or fruit
- ♥ add colour—choose 1 dark green, 1 orange vegetable each day



 The COUNT IT UP Challenge can be used on your own, with your friends, with your family, with your co-workers, or in your class room!

 Get someone else involved with you today!



Additional Web-site Information:

in-motion.ca—for more information on physical activity and healthy eating.

healthcanada.gc.ca/foodguide—for more information on Health Canada's recommendations for healthy eating.

5to10aday.com—for more information on eating more servings of vegetables and fruit.

phac-aspc.gc.ca/pau-uap/paguide/ - for more information on Health Canada's recommendations for physical activity.

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in motion

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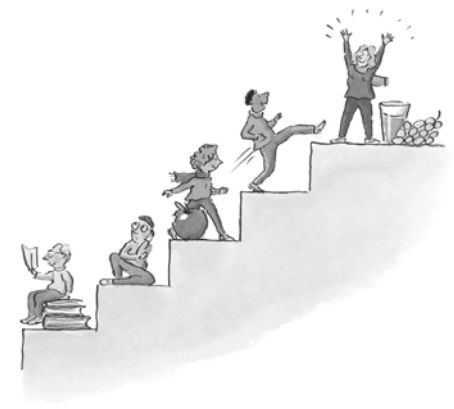
www.in-motion.ca

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COUNT IT UP Challenge

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This two week Challenge is designed to assist you in leading an active healthy lifestyle!

Do it on your own or do it as a group but do it today!

Physical Activity...do it for *life!*

Challenge Yourself Today to: COUNT IT UP!

How to COUNT IT UP?

-  Chart your physical activity and vegetable & fruit consumption for two weeks on the record sheet.
-  Post your record sheet in a visible area that will remind you (staff room, at home on the fridge, by your desk, etc.)
-  If you are currently meeting the recommendations for physical activity, and eating of vegetables & fruits you can try to count up more!



Physical Activity

Increase the physical activity that you do each day.

Check off one square each time you engage in a total of 10 minutes of physical activity.

See specific recommendations.



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Saturday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sunday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Saturday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sunday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Vegetables & Fruit

Increase the servings of Vegetables & Fruit that you eat each day.

Check off one square each time you eat a serving of Vegetables and Fruit.

All eight check boxes represent the minimum recommended servings for adult males and the maximum recommend amount of servings for adult females.

See specific recommendations.



Health Canada's Recommended Number of Servings of Vegetables & Fruit per Day and Physical Activity Guidelines

	Children			Teens		Adults			
Age (yrs)	2-3	4-8	9-13	14-18		19-50		51+	
Gender	Girls and Boys			Females	Males	Females	Males	Females	Males
Servings	4	5	6	8	8	7-8	8-10	7	7
Physical Activity	Increase time spent on physical activity starting with 30 minutes more per day, working towards 90 minutes. Add it up in periods of at least 5 minutes at a time.					Include at least 30 minutes of moderate activity into your day. Add it up in periods of at least 10 minutes at a time.			