The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2017, ownership and use of a physical activity tracker was examined.

Active living is a way of life that incorporates a combination of:
• 150 minutes of moderate-to-vigorous physical activity weekly,
• Incidental physical activity every hour, and
• Low levels of sedentary behaviour during waking hours.

The main findings and recommendations are included in this infographic. See full report for details.

Physical Activity Trackers
A physical activity tracker is a device worn, or an application on a smartphone, that monitors and tracks activities such as:

- Number of steps
- Distance travelled
- GPS positioning
- Inactivity or sedentary alerts
- Tracking activities
- Heart rate
- Tracking sleep time
- Duration of activity
- Flights of stairs
- Connecting with family/friends to activity challenges

38% of Albertans own a physical activity tracker, but only 21% of Albertans currently use their activity tracker.

The Top 3 useful functions of activity trackers, based on Albertans who own and use, or plan to use an activity tracker include:

- Tracking steps (70%)
- Tracking distance travelled (68%)
- Tracking type of activity (61%)

Physical activity trackers can help motivate Albertans to achieve their physical activity goals and sit less throughout the day.

Full report is available at www.centre4activeliving.ca