Physical Activity

... is a broad term that includes any bodily movement produced by muscle action that increases energy expenditure.

- **Work / Occupational**
  - Activities done as part of paid employment and work duties

- **Travel / Transportation**
  - Activities done getting from one location to another

- **Care**
  - Activities related to care for yourself or others, such as hygiene and dressing

- **Home / Domestic**
  - Activities related to household activities and chores

- **Active Recreation**
  - Activities that are diversions from daily routine designed for the refreshment of the body and mind

- **Sports**
  - Activities governed by a set of rules where an individual or team competes against another

- **Exercise**
  - Activities that are planned, structured and repetitive, with the aim of improving health and fitness

Adapted from work by Stephen Cheetham MSc, CSEP-CEP

For more information:
Centre for Active Living
www.centre4activeliving.ca

There are many ways to be physically active. All the different types of movement you do in a day add up to daily physical activity.