

# Physical Activity for Health Collaborative

## ABOUT US

The BC Physical Activity for Health Collaborative is a network of leaders in physical activity from academia, sport, recreation and health who are committed to **increasing physical activity for all British Columbians**.

## LET'S GET MOVING

When we move, we get a **mood boost**, our **stress decreases** and our **bodies become stronger and healthier**.

We all feel **mentally and physically better when we're active**. Let's get moving towards meeting **Canada's 24-Hour Movement Guidelines!**



**Infants (less than 1):**  
30 minutes tummy time daily



**Toddlers & Preschoolers (1-4):** at least 3 hours of physical activity daily



**Older Adults (65+):**  
2.5 hours of moderate to vigorous aerobic physical activity weekly



**Children & Youth (5-17):**  
1 hour of moderate to vigorous physical activity daily



**Adults (18-64):**  
2.5 hours of vigorous aerobic physical activity weekly

## PHYSICAL ACTIVITY RESOURCES

Check out the linked resources below to get MOVING!

### OLDER ADULTS

[Choose to Move: Get Active](#)

[Healthy Families BC: Seniors' Community Parks](#)

[YMCA: Gentle Fit](#)

### FAMILIES

[Appetite to Play](#)

[YMCA: Y@Home Activities for Family and Kids](#)

[Healthy in Nature: Ideas for Parents and Caregivers](#)

### OUTDOORS

[BCRPA: WalkBC](#)

[ISPARC: RunWalk Coaching Tips](#)

[Healthy in Nature: Physical Benefits](#)

### FITNESS CLASSES

[ISPARC: FitNation](#)

[BCRPA: Virtual Fitness Classes](#)

[BCRPA: Fitness Leader Directory](#)

## STAY CONNECTED



[bchealthyliving](#)



[BC Alliance for Healthy Living](#)



[The Balance Podcast](#)



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## PARTNERS

