

Let's Get Active!

Planning Effective Communication Strategies

PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



Knowledge of appropriate levels of physical activity to meet recommendations

In the 2014-2015 Physical Activity Monitor, the Canadian Fitness and Lifestyle Research Institute asked Canadian adults (aged 18 and older) about their knowledge of the amount of physical activity required for health. This was assessed through a series of three questions about the number of days in the week that one should be active, the time, and the intensity of effort required. Based on these three questions, a criterion was developed to approximate the Canadian Physical Activity Guideline recommendations for adults and older adults. These guidelines suggest 150 minutes per week of moderate to vigorous physical activity.^{i,ii} Using this criterion, 62% of individuals were able to appropriately mention a combination which approximates physical activity recommendations.

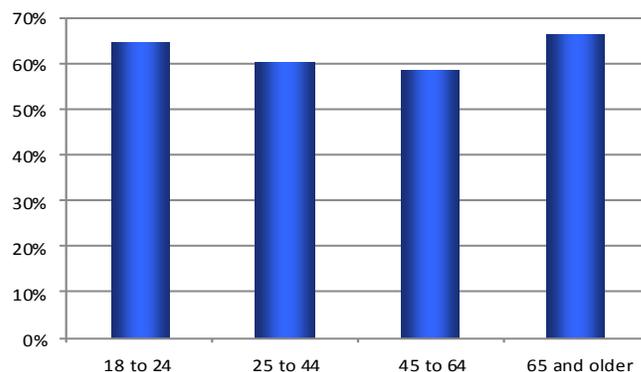
Although there are no significant differences in responses between men and women regarding the percentage who are able to cite an appropriate recommendation of physical activity, differences do appear by age. A greater proportion of older adults have knowledge of an appropriate combination of amount and intensity of activity to fulfill guidelines compared to slightly younger adults (45 to 64 years).

Compared to those with a post-secondary education, adults who have not graduated from high school are more likely to indicate knowledge of an appropriate combination of amount and intensity of activity to approximate guidelines. Regarding employment status, students are more likely than the average to say that they have knowledge of guidelines when compared to the national average.

Interestingly, a greater proportion of adults living in the smallest communities (<1,000 residents) indicate knowledge of a combination of amount and intensity of physical activity which approximate guidelines compared to those in the larger communities (between 100,000 to 500,000 residents). This relationship is opposite to that identified in an earlier bulletin about the *awareness* of physical activity guidelines (see bulletin 13).

FIGURE 1

Knowledge of the amount/intensity of physical activity guidelines by age



2014-2015 Physical Activity Monitor, CFLRI

ⁱ Canadian Society for Exercise Physiology. Canadian Physical Activity Guidelines for adults: 18 – 64 years. Available at: csep.ca/guidelines. Accessed: June 21, 2017

ⁱⁱ Canadian Society for Exercise Physiology. Canadian Physical Activity Guidelines for older adults: 65 years and older. Available at: csep.ca/guidelines. Accessed: June 21, 2017

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