

Guidelines

Canadian 24-Hour Movement Guidelines

An integration of recommendations for physical activity, sedentary behaviour, and sleep to help you stay strong, mentally fit and independent.

For Adults 18-64

csepguidelines.ca/guidelines/adults-18-64

For Adults 65+years

csepguidelines.ca/guidelines/adults-65

Fitness Calculators

How fit are you, really? Use this quick online tool to see how you are doing for your age and gender.

worldfitnesslevel.org

Measure your lower body strength with this at home squat test. For people 17 to 65 years of age.

topendsports.com/testing/tests/home-squat.htm

Test your upper body strength with this at home push-up test. For people 17 to 65 years of age.

topendsports.com/testing/tests/home-pushup.htm

Free Programs

ParticipACTION

Access free online exercise programs. Download the free app to track your progress, access workouts, and get notifications to help you achieve your goals.

participaction.com

Your local YMCA

Find your local YMCA and gain access to cost effective fitness programs and special programming designed for older adults and those who may have chronic conditions or challenges with mobility. Use this link to locate your nearest YMCA.

ymca.ca/locations

Free Online Educational Resources

Osteoarthritis and Exercise

Discover how to manage osteoarthritis of the hip and knee with exercise to reduce your symptoms and improve your mobility with this 15-minute online lesson.

oa.mcmasteroptimalaging.org

Walking Speed - Is it a New Vital Sign?

Learn what walking speed is, how it changes as we age, how to measure it, and what steps you can take to increase it to improve your mobility and overall strength with this 15-minute online lesson.

walkingspeed.mcmasteroptimalaging.org

Hacking Exercise for Health:

The Surprising New Science of Fitness

Learn about the surprising new science of cardio fitness and strength-building and get the hacks to get fit, strong and healthy with this free course from
