

With thanks to the City of Guelph Emergency Fund, PIN is pleased to provide a series of DIY Volunteer Projects for Youth.

Get involved. Make an impact. Gain community involvement hours

## Let's Get Moving.



**"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. " -John F. Kennedy**

The [World Health Organization](#) states that physical activity (PA) has shown to assist in the prevention and treatment of "noncommunicable diseases such as heart disease, stroke, diabetes and breast and colon cancer". It also helps to prevent hypertension, overweight and obesity." Importantly for youth, it can improve mental health, one's quality of life and overall well-being.

What is considered physical activity? PA is considered any form of movement such as walking, running, sport or other recreational activities. It can also be movements around your house or school (gardening, walking to and from school. etc.)

Physical activity also benefits communities. The WHO notes that more active communities "generate additional returns on investment including a reduced use of fossil fuels, cleaner air and less congested, safer roads." It is also known that sport has many social benefits such as performing better academically and can boost one's self-esteem and self-confidence, which is especially important for girls.

### **Why is this important?**

Taking time to be physical activity is important:

- PA/Sport not only increases health but also promotes many life skills, such as time management and team work.
- The global cost of physical inactivity is estimated to be INT\$ 54 billion per year in direct health care, in 2013.

This DIY invites you to get active and get moving -invite your friends or community/family members. Additionally, reflect on how physical activity and sport benefits yourself and your community.

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DYK? Worldwide, 1 in 4 adults, and 3 in 4 adolescents (aged 11–17 years), do not currently meet the global recommendations for physical activity set by WHO. For information on the recommendations, check it out [here](#).

In Canada, less than 1 in 5 children (5-11 year-olds) and youth (12-17 year-olds) are meeting national requirements as outlined by [ParticipAction](#).

### Activity Steps:

- Learn about the recommendations for physical activity levels in Canada and around the world
- Go for a bike ride, jog or play a sport with a peer or group.
- Learn about the inequities in physical activity around the world
- Write our some goals for how you plan to get your physical activity in during the rest of the summer.
- Reach out to local organizations that promote physical activity or run sports/recreation programs.

### Reflection

- How do you feel after being physical active ? How do you feel when you make it a priority?
- How do you think the Covid-19 Pandemic has impacted physical activity levels of Canadians?
- Imagine how your life can benefit from more PA and recreation? Or if you are active, how would your life differ without it?
- Reflect on those that do not live in areas where it's safe to exercise or play sport, e.g no sidewalks and limited access to indoor facilities.
- How does PA impact the SDGs?



### PIN Points:

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting [physical activity](#).
2. Community Information including [local organizations running PA programs](#).