

# Moving **aROUND** Manitoba



## How do I log my distance?

- Keep track every day of how many minutes you do light, moderate and vigorous activities.
- Add the total time at the end of the week for your light, moderate and vigorous activities.
- Convert these totals into Moving Around Manitoba kilometres.  
*Divide total minutes by 15 for light activity, 10 for moderate activity, and 5 for vigorous activity.*

Accumulate 30 to 60 minutes of physical activity daily to stay healthy or improve your health. Add up your activities in periods of 10 minutes each. Start slowly... and build up.

Choose a variety of activities from each of the three activity groups:

**Endurance** – Do continuous activities 4 to 7 days a week to help the heart, lungs and circulatory system function.

**Flexibility** – Do gentle reaching, bending and stretching activities 4 to 7 days a week to help keep muscles relaxed and joints mobile.

**Strength** – Do activities against resistance 2 to 4 days a week to strengthen muscles and bones and improve posture.

*Please note that time and distance calculations are approximate.*

### Light (15 minutes = 1 Moving Around Manitoba kilometre)

- |                               |                            |                   |
|-------------------------------|----------------------------|-------------------|
| • Walking or wheeling slowly  | • Gardening                | • Fishing         |
| • Golf – using a powered cart | • Bicycling (light effort) | • Light housework |
| • Swimming (slow treading)    | • Shopping                 | • Yoga            |
| • Building snow sculptures    | • Stretching               | • Canoeing        |
|                               | • Bowling                  | • Washing the car |
|                               | • Making “snow angels”     | • Bird watching   |

### Moderate (10 minutes = 1 Moving Around Manitoba kilometre)

- |   |                                 |   |
|---|---------------------------------|---|
| • Walking or wheeling briskly – about 5 km/hour | • Basketball – shooting baskets | • or snowboarding (light)               |
| • Dancing                                       | • Volleyball                    | • Raking the lawn                       |
| • Bicycling – less than 15 km/hour              | • Curling (sweeping)            | • Pilates                               |
| • In-line skating or skateboarding (easy pace)  | • Badminton                     | • Golf – without a golf cart            |
| • Sno-pitch                                     | • Skating (leisurely)           | • Using free weights or weight machines |
| • Baseball                                      | • Swimming (recreational)       | • Snow tag                              |
|   | • Tobogganing                   | • Building a quinzee/snow fort          |
|   | • Shovelling light snow         |   |
|   | • Downhill skiing               |   |

### Vigorous (5 minutes = 1 Moving Around Manitoba kilometre)

- |   |  |  |
|---|--|--|
| • Running/jogging or wheeling – 8 km/hour | • Walking very fast – 7 km/hour              | • Most sports (football, basketball, soccer, hockey) |
| • Bicycling – more than 15 km/hour        | • Walking and climbing briskly uphill        | • Downhill skiing with vigorous effort               |
| • Swimming (steady laps)                  | • In-line skating or skateboarding (briskly) | • Skating (fast)                                     |
| • Aerobic dancing, step aerobics          | • Karate, judo, tae kwon do                  | • Circuit Training                                   |
|   | • Snow soccer                                | • Shovelling heavy snow                              |
|   |  | • Hockey/ringette                                    |

For more information visit: [www.movingaroundmanitoba.ca](http://www.movingaroundmanitoba.ca)

Name \_\_\_\_\_

**DISTANCE LOG SHEET**

**Registration Code**

*This is the registration code provided online or in your registration kit.*



**Report your distance weekly.**

Include your full name, registration code and total distance.

**Moving Around Manitoba**

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- Convert these totals into Moving Around Manitoba kilometres. Divide the total amount of time by 15 for light activity, 10 for moderate activity and 5 for vigorous activity.

**For example:** If you did 90 minutes of moderate activity for the week, you would accumulate 9 Moving Around Manitoba kilometres.

	Light Activity (in minutes)	Moderate Activity (in minutes)	Vigorous Activity (in minutes)
<b>Mon.</b>			
<b>Tues.</b>			
<b>Wed.</b>			
<b>Thurs.</b>			
<b>Fri.</b>			
<b>Sat.</b>			
<b>Sun.</b>			
<b>Total</b>			
	÷ 15 = _____ km	÷ 10 = _____ km	÷ 5 = _____ km

You can also log your distance online at:  
[www.movingaroundmanitoba.ca](http://www.movingaroundmanitoba.ca)