



What's your balance?

- Physical Activity -

## September Challenge: 150 Minutes of Physical Activity

Alberta Health Services (AHS) is challenging you get your body moving, your heart pumping and clock 150 minutes of aerobic activity, each week during the month of September.

**Tracking:** Use the [Wellness Scorecard](#) and track your minutes each day or week, and see how far you've come by the end of the month!

Once you've achieved the recommended 150 minutes in a single week - let's hear about it! Share how you've achieved those minutes with photos posted using the hashtags **#AHSwhatsyourbalance** & **#AHS150minutechallenge**

### **What can you do?**

From brisk walking, riding a bike to high intensity workouts – as long you're increasing your heart rate for 10 consecutive minutes or more, and working towards 150 minutes for the week – you can achieve some great [health benefits](#), and support your friends and family to do the same!

### **Did You Know?**

According to the Canadian Physical Activity Guidelines adults between the ages of 18 to 64 should reach at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate-intensity aerobic physical activity will cause adults to sweat a little and breathe harder. Vigorous-intensity aerobic physical activity will cause adults to sweat and be 'out of breath'.



For more ideas on how to be physically active, visit [myhealth.alberta.ca](http://myhealth.alberta.ca)



Healthy Albertans.  
Healthy Communities.  
**Together.**



[ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance)

**#AHSwhatsyourbalance**