



<https://www.mcgill.ca/sustainability/sp0223>

Facebook @walkingbirdsmcgill

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OTHER HELPFUL WEBSITES:

Coalition Poids (Our partners): <https://www.cqpp.qc.ca/en/>

Canadian Society for Exercise Physiology: <https://csepguidelines.ca>

Physical and Health Education Canada:

<https://phecanada.ca>

Canadian Public Health Association: <https://www.cpha.ca>

Canadian Fitness and Lifestyle Research Institute:

<https://www.cflri.ca/contributors-physical-activity>

Diabetes Quebec : <https://www.diabete.qc.ca/en/living-with-diabetes/physical-activity/>

Health USA: <https://health.gov/moveyourway>

Physical Literacy: <https://physicalliteracy.ca/inclusion/>

ParticipACTION: <https://www.participaction.com/en-ca>

Special Olympics: <https://www.specialolympics.ca>

Public Health Ontario: <https://www.publichealthontario.ca/en/health-topics/health-promotion/physical-activity>

TIPS, GUIDELINES & OTHER PHYSICAL ACTIVITY RESOURCES:

Heart and Stroke: <https://www.heartandstroke.ca/get-healthy/stay-active/how-much-physical-activity-do-you-need>

ParticipACTION: <https://www.participaction.com/en-ca/resources/physical-literacy>

Canada's Food Guide: <https://food-guide.canada.ca/en/tips-for-healthy-eating/physical-activity/>

Health Canada: <https://www.canada.ca/en/public-health/services/being-active/active-transportation.html>

Santé Montréal (Active Transport): <https://santemontreal.qc.ca/en/public/advice-and-prevention/active-transportation/>

Santé Montréal (Seniors): <https://santemontreal.qc.ca/en/public/advice-and-prevention/physical-activity-for-seniors/>

Quebec Education : <http://www.education.gouv.qc.ca/en/current-initiatives/quebecers-on-the-move/>



KFL&A Public Health: <https://www.kflaph.ca/en/healthy-living/about-physical-activity.aspx>

Kino-Quebec : <http://www.kino-quebec.qc.ca/ete.asp>

Diabetes Québec : <https://www.diabete.qc.ca/en/living-with-diabetes/physical-activity/where-to-start/where-to-start/>

PHAC-ASPC (Quiz) : <https://www.phac-aspc.gc.ca/app/pag-gap/facebook/beactive/>

Canadian Society for Exercise Physiology Guidelines:
https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf

US Department of Health and Human Services: <https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>

Health USA: <https://health.gov/MoveYourWay/Activity-Planner/>

Choose My Plate USDA: <https://www.choosemyplate.gov/resources/physical-activity-tips>

Education Manitoba:
https://www.edu.gov.mb.ca/k12/cur/physhlth/frame_found_gr11/rm/module_b_lesson_5.pdf

Provincial Health Services Authority: <http://www.phsa.ca/health-info/staying-healthy/healthy-habits-for-life/physical-activity>

American Heart Association: <https://www.heart.org/en/news/2019/07/18/making-the-most-of-your-health-in-the-workplace>

YMCA: https://www.ymca.ca/CWP/media/YMCA-National/Documents/Our%20Impact%20page%20resources/CSEP_Guidelines_Handbook.pdf

PHYSICAL ACTIVITY BENEFITS, STATS & FACTS SHEETS:

Quebec: <https://www.quebec.ca/en/health/advice-and-prevention/healthy-lifestyle-habits/physical-activity/improving-your-health-through-physical-activity/#c578>

Health Canada: <https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html>

ParticipACTION (Facts Sheet): <https://www.participaction.com/en-ca/resources/key-facts-and-stats>

ParticipACTION (Pulse Report): <https://www.participaction.com/en-ca/resources/pulse-report>

World Health Organization: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

Center for Disease Control and Prevention (Facts Sheet):
<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Center for Disease Control and Prevention (Walking):
<https://www.cdc.gov/physicalactivity/walking/index.htm>

National Heart, Lung and Blood Institute: <https://www.nhlbi.nih.gov/health-topics/physical-activity-and-your-heart>

Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

US Department of Health and Human Services (Surgeon General):
<https://www.hhs.gov/surgeongeneral/reports-and-publications/physical-activity-nutrition/index.html>

Heart and Stroke: <https://www.heartandstroke.ca/get-healthy/stay-active/benefits-of-physical-activity>

Statistics Canada: <https://www150.statcan.gc.ca/n1/en/catalogue/82M0013X>

Canadian Psychological Association :
https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_PhysicalActivity_MentalHealth_Motivation.pdf



PHYSICAL ACTIVITY RESOURCES FOR PEOPLE WITH DISABILITIES:

Help Guide: <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>

Center for Disease Control and Prevention:

<https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html>

National Center on Health, Physical Activity and Disability:

<https://www.nchpad.org/Articles/7/Disability~Condition>

Active for Life: <https://activeforlife.com/inclusive-physical-literacy/>

Reduce Obesity: <http://reduceobesity.org/gruids/PAGuide.pdf>

Human Kinetics (Book): <https://us.humankinetics.com/products/inclusive-physical-activity-2nd-edition>

Physical Literacy: <https://physicalliteracy.ca/inclusion/>

MS Society Canada (Facebook): https://www.facebook.com/MSSocietyCanada/?__tn__=%2Cd%2CP-R&eid=ARDrwdw9ENvNBSYuvB_8sQrQJJaU3chxRANWKQtEHUhyvMrtjFdDPe8vmA3eW0iSPZE1YXG5ps_lwD16

MS Society Canada (Webpage): <https://mssociety.ca/hot-topics/exercise-and-physical-activity>

Special Olympics (Fit 5): <https://www.specialolympics.ca>

https://resources.specialolympics.org/health/fitness/fit-5-page?_ga=2.250654734.945859860.1584493348-1898712207.1501874855

SOCIAL MEDIA PAGES:

Heart and Stroke: <https://www.instagram.com/heartandstroke/?hl=en>

American Heart Association: https://www.instagram.com/american_heart/?hl=en

Canadian Society for Exercise Physiology (Instagram): https://www.instagram.com/csep_scpe/?hl=en

Canadian Society for Exercise Physiology (Podcast): <https://anchor.fm/cseppodcast>

ParticipACTION: https://www.facebook.com/ParticipACTION/?ref=search&__tn__=%2Cd%2CP-R&eid=ARCW_i3q7PPaE4lDPiCqCAxLS-yS5AiJGMJpDzB77SGc5WJrzZw19V-s5WmID4PYAcYkBFw5I4ghorWp

SitKicker: <https://www.facebook.com/sitkicker/>

DocMikeEvans (23 and 1/2 hours):

<https://www.youtube.com/watch?v=aUalnS6HIGo&feature=youtu.be>

Office of Disease Prevention and Health Promotion (Move Your Way: Tips for Busy Days):

https://www.youtube.com/watch?v=61p1OIO20wk&feature=emb_title

UK Mental Health (Physical Activity and Mental Wellbeing):

<https://www.youtube.com/watch?v=djcuGZBOCoY>

Healthy Families BC: <https://www.healthyfamiliesbc.ca/home/blog/5-ways-use-social-media-boost-physical-activity>



MOBILE APPS :

MyFitnessPal: <https://www.myfitnesspal.com/>

Map My Walk: <https://www.mapmywalk.com/app/>

Map My Run: <https://www.mapmyrun.com>

MotionX: <http://news.motionx.com/category/motionx-gps/>

FitBit: <https://www.fitbit.com/app>

Azumio: <https://www.azumio.com/s/argus/index.html>

Starva: <https://www.strava.com>

Argus: <https://apps.apple.com/us/app/argus-motion-fitness-tracker/id624329444>

Activity: <https://apps.apple.com/us/app/activity/id1208224953>

Pedometer++: <https://pedometer.app>

