



**fondation  
en cœur**

## **Medical recommendations for physical activity in school and extracurricular settings.**

First and last name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Due to his/her heart condition, the following recommendations should be followed by the school and any other setting where physical activity takes place, in order to ensure his/her health, safety, and development.

Date of assessment: \_\_\_\_\_

- ☐ No limitation
- ☐ Encourage participation while respecting the child's tolerance. Assess the child based on participation and effort rather than performance (which could be affected by the heart condition).
- ☐ Restrictions intended for people 'with heart problems' (myocardial infarction, stroke) do not apply to this child (e.g., rides, spa, water slide).
- ☐ Other restrictions (e.g., isometric exercises, contact sports)

Signature : \_\_\_\_\_

Date : \_\_\_\_\_

**Important message to parents:** To be given each year to the school, the physical education teacher, sports coach, daycare supervisor, and summer camp staff, or whenever the child's health condition changes.

# Recommendations on physical activity for all children<sup>1</sup>

Children and youth aged 5 to 17 should engage in at least 60 minutes of moderate- to vigorous-intensity physical activity per day.

## The benefits of physical activity

- develop not only good cardiovascular fitness, but also strength, flexibility, and bone density
- maintain a healthy body weight
- reduce the risk of chronic diseases and health problems
- lower the likelihood of tobacco, alcohol, and drug use
- feel better every day, thanks to improved mental health and well-being

If your child does not engage in at least 60 minutes per day, you can increase activity by 10 minutes every few weeks.

For suggestions on activities to include in your daily routine, you can visit this page on the Government of Canada website: <https://www.canada.ca/en/public-health/services/being-active/children-physical-activity.html>

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<sup>1</sup><https://www.canada.ca/en/public-health/services/being-active/children-physical-activity.html>