

Physical Activity the OT Way

With Block Building Therapies

Making time for exercise is hard. Life is busy and let's face it, not everyone loves the gym. But physical activity doesn't have to be complicated. At Block Building Therapies, we believe that the best exercise is the kind that fits into your real life. As occupational therapists, we specialize in making tasks functional and meaningful so you can build strength, energy, and independence without ever forcing yourself into the gym.

What is physical activity anyway?

Physical activity includes any movement that uses energy. Whether it's walking to the bus stop, vacuuming the house, or cooking, it all counts.

Why It Matters: The Benefits of Physical Activity

Following the World Health Organization's guidelines means more than just fitness—it's about overall wellness. Here's what 150–300 minutes of moderate activity per week can do:

- Boost energy
- Improve sleep
- Elevate your mood
- Reduce stress & anxiety
- Lower the risk of heart disease, stroke, diabetes, and more

And for even more benefits, add muscle-strengthening exercises 2 days per week.



How do you know if what you're doing "counts"? It's all about intensity—and here's how it breaks down:

Intensity	MET Level	Effort
Light	1.5–<3 METs	Gentle, easy (e.g., slow walking)
Moderate	3–<6 METs or (5–6/10 effort)	You can talk, but not sing (e.g., brisk walk, housework)
Vigorous	6+ METs or (7–8/10 effort)	You're breathing hard (e.g., jogging, fast biking)

MET = Metabolic Equivalent of Task – a unit used to estimate energy use during physical activity.

Setting Realistic Goals That Stick

At Block Building Therapies, we help clients set goals that are attainable and sustainable—and it starts with being **SMART**:

- Specific
- Measurable
- Actionable
- Realistic
- Time-bound

Instead of: "I want to get fit"

Try: "I will walk 2 km after dinner, 5 days a week, for the next month."

We recommend:

- **Starting small**—small wins build confidence and momentum
- **Tracking progress**—keep an activity journal to monitor RPE (rating of perceived exertion), exercises, and duration
- **Celebrating milestones**—motivation matters!



Make Movement Part of Your Day

You don't need to carve out an hour for the gym. Instead, look for ways to weave activity into what you're already doing:

- **Household chores** like sweeping or gardening = moderate exercise (3+ METs)
- **Active commuting** – walk or bike when possible
- **Movement breaks** – set alarms to stand, stretch, or walk
- **Make it social** – invite a friend, join a class, or include your family

How We Can Help

At Block Building Therapies, we help clients identify meaningful activities, set personalized goals, and integrate movement into daily routines. Whether you're recovering from an injury, managing fatigue, or looking to boost your independence, our team is here to support you.

For further assessment, therapy, consultation and/or education on Occupational Therapy in Neuro-Rehabilitation, contact Block Building Therapies at:

204-231-0785
info@blockbuilding.ca

Referral forms for new assessments are also available online at our website: www.blockbuilding.ca