

ACTIVITY

**WHY
ACT
NOW**

Starting & Keeping Track

10 TIPS TO GET ACTIVE & STAY ACTIVE FOR BETTER HEALTH:

- * **DON'T OVERDO IT.** At first, choose low to moderate level physical activities for 15-20 minutes a day that gets your heart rate up (*ex. Brisk walking, stair climbing, bike riding*)
- * **BUILD UP.** Increase the length & intensity of your exercise as you become more fit! Work up to 30-60 minutes, 5 days a week.
- * **BREAK IT UP.** Can't do a full 60 minutes? Break it up and do three, 20-minute intervals.
- * **HAVE FUN.** Choose activities that are fun, not exhausting! Use music to keep you energized, motivated and entertained!
- * **ADD VARIETY.** Try not to rely too much on one activity. Find several that you enjoy, that way exercise will never seem boring or routine.
- * **BE COMFORTABLE.** Wear comfortable, properly fitted footwear and clothing appropriate for the activity and weather.
- * **BUILD HABIT.** Find a convenient time to get active and make it a habit. Be flexible. If you miss an opportunity, work activity into your day another way.
- * **SHARE.** Be physically active with others. Make a date with a family member or friend.
- * **WEAR A PEDOMETER.** It measures the distance you travel on foot. Set a long-term goal of 10,000 steps a day, monitor until you get there!
- * **WRITE IT DOWN.** Keep a record of your physical activities and reward yourself!

Week of Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>ex. Walk the dog</i>	<i>ex. Ride bike with Amy</i>	<i>ex. Walk to & from school</i>	<i>ex. Play soccer after school</i>	<i>ex. Go for a jog</i>	<i>ex. Run stairs</i>	<i>ex. Help clean house</i>

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