

Handout 6

5 tips for getting physically active

1. Get started...

Do some gentle stretching in the morning. You can stretch in bed or soon after you get up. Take some short walks every day.

2. Get an active living buddy...

Ask a friend to come with you so that you can keep each other going.

3. Get real...

Don't try to do too much. Start off with a few minutes every day. Over a number of weeks and months you can build up to doing 30 to 60 minutes every day.

4. Get tracking...

Keep track of your activities on a calendar. It's fun to see how active you have been. Keeping track can help you keep going.

5. Get in the habit...

Everyday activities are great. Take the stairs instead of the elevator. Use a rake instead of a leaf blower. Walk or bike to the corner store instead of driving. Do stretching exercises while you watch TV.



**Keep track of your activities
on a calendar**

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