

Handout 7

5 tips for staying physically active



Ask some friends to come along for a walk.

1. Have fun...

The perfect activity is the one that is fun for you. If you aren't enjoying it, shop around for something you like to do.

2. Have a break...

Everyone has good days and bad days. On the days that you feel sluggish try a little stretching. If you don't feel any better soon, leave it for that day. Move a bit more on the days when you feel great.

3. Have some variety...

You can get bored from doing the same thing day after day. Try something different once in a while. Many programs will let you try out a class for free.

4. Have a celebration...

Reward yourself for being active. Set some goals and celebrate them. The small goals are important too—they add up!

5. Have a buddy...

Help someone else get started. Ask a friend or neighbour to come along for a walk.

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