Getting Started and Staying Physically Active

Physical activity has many health benefits. Physical activity can help:
- reduce the risk of heart disease
- reduce risk of type 2 diabetes
- with weight control
- prevent bone loss
- strengthen muscles and improve balance
- boost energy levels

You'll feel better and improve your health.

Aim for 30 minutes of activity five or more days a week. You can do activities like walking, swimming or even gardening. When getting started, you can do 10 minutes at a time several times throughout the day.

Keep it easy, keep it simple and keep it new. Try different things. It may be easier to be active if you exercise with friends. Think about joining your spouse, neighbor or child for a regular walk.

Set realistic and safe goals. Then work toward your goal. Reward yourself as you achieve your goals.

Be active safely

Start out slowly. Increase your activity over weeks, not days. You will improve your strength, stamina and fitness. This will help to avoid sore muscles and injuries. Remember to wear comfortable clothes and supportive shoes. Be mindful of the weather when doing outdoor activities.

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Some things to consider when setting goals

The right time

Pick a time of day or times during the day that you can stick to. Will it be easier to be active in the morning, during the afternoon or in the evening?

The best times for me to be active are _____

The best activity

Build on what you already do, for example walking. Try different activities.

One activity I would like to try is _____

Set short realistic goals

For example, I will walk __ minutes a day, __ days a week. I will park further away from my destination and walk more.

My goal is _____

Record and review your activities

Log your activities and review every month. Are you reaching your goals? If not, what do you need to do differently to meet your goal? If you have met your goal, reward yourself.

Reward yourself for achieving your goals

My reward is _____