

## Set a Time, Start Slow, Get Going

- ✓ Set aside time each day for your physical activity
- ✓ Start with 5-10 minutes a day
- ✓ Increase the time and intensity as you get more fit
- ✓ Short sessions throughout the day can be added up
- ✓ Work up to 30 minutes a day, most days of the week
- ✓ Add stretching and strengthening activities

### Prescription for Putting More Physical Activity into Your Life!

- Take the stairs.
- Take a walk with your family, friends or dog.
- Park in the furthest parking space and walk.
- Work in your garden or mow your lawn.
- Put on some music and dance.
- Play outside with your children or grandchildren.



30 Minutes Most Days



**Moderate physical activity** includes things like: brisk walking, gardening, slow cycling, aerobic dancing, doubles tennis, or hard work around the house.

**Danger Signs:** Seek immediate care if you have:  
Tightness or pain in your chest  
Severe shortness of breath  
Pain in your left arm  
Irregular heartbeats  
Nausea, dizziness or fainting



## Set a Time, Start Slow, Get Going

- ✓ Set aside time each day for your physical activity
- ✓ Start with 5-10 minutes a day
- ✓ Increase the time and intensity as you get more fit
- ✓ Short sessions throughout the day can be added up
- ✓ Work up to 30 minutes a day, most days of the week
- ✓ Add stretching and strengthening activities

### Prescription for Putting More Physical Activity into Your Life!

- Take the stairs.
- Take a walk with your family, friends or dog.
- Park in the furthest parking space and walk.
- Work in your garden or mow your lawn.
- Put on some music and dance.
- Play outside with your children or grandchildren.



30 Minutes Most Days



**Moderate physical activity** includes things like: brisk walking, gardening, slow cycling, aerobic dancing, doubles tennis, or hard work around the house.

**Danger Signs:** Seek immediate care if you have:  
Tightness or pain in your chest  
Severe shortness of breath  
Pain in your left arm  
Irregular heartbeats  
Nausea, dizziness or fainting

