

Tips for increasing Physical Activity

Make physical activity a regular part of the day
Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy – such as taking a brisk 10 minute walk to and from the parking lot or bus stop. Or join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing. Be sure to do at least 10 minutes of activity at a time. Shorter bursts of activity will not have the same health benefits.



At Home:

- Join a walking group in the neighborhood or local shopping mall.
- Recruit a partner for support or encouragement.
- Get the whole family involved – enjoy an afternoon bike ride with your kids.
- Walk up and down the sports field while watching the kids play.
- Do stretches or other exercises while watching TV.
- Drive less.
- Plant and care for a garden.

At Work:

- Replace a coffee break with a brisk 10 minute walk.
- Park at the far end of the parking lot.
- Take part in an exercise program at work.
- Join the office sports team or walking group.

At Play:

- Walk, jog, skate or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Canoe, row or kayak.
- Hand cycle or play wheelchair sports.
- Take a nature walk.

Most important – have fun while being active!