**Discussion Assignment #1 – Physical Activities**

There are many different types of physical activities, and anyone who is active will likely agree that a lot of satisfaction can be derived from being physically fit. Canada’s Guidelines for Healthy Eating ask us to achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.

1. **If a person is not physically active, what are some steps (no pun intended!) that you might suggest for him or her to take in order to get started?**

These are just some tips to get started for better and healthier lifestyle.

* Practice a sport that you enjoy, something that is easy to get started, my suggestions are:
* Swimming, join a community gym, the entrance is usually 3$ for adults, 2$ for teenagers, swimming is the most complete exercise. These gyms are open the whole year, they have leisure time, lane swim, aqua fit, etc. Goodlife Fitness have pools in some gyms too
* Tennis or squash because is a high intensity exercise where you keep your heart rate raising and looking for oxygen which burns more calories
* Soccer because you can play it anywhere without no equipment.
* Bike Rides, especially during the summer is a fun activity.
* Join a league on any sport you like and because it involves paying a fee most people will attend.
* Get a friend to go to a gym, the difference between going alone and going with some is abysmal, he will push and encourage you to not miss a day and you will do the same. Some persons even are afraid to go to the gym because they are overweight and feel ashamed, that sensation completely disappear if you guys go with a friend.
* Start doing these little things:
* Avoid taking the stairs, every step is close to 0.20 calories (depends on your weight), in the long run everything adds up.
* Stop sitting on the bus or the subway, the difference is 50 calories per hour, 8 pounds a year.
* Don’t order food online, try to walk and get it for yourself (try to order healthy stuff).
* When going for a coffee don’t sit on the coffee shop go for a walk around the city.
* Exercise at home
* Watch documentaries, read articles online and try to get knowledgeable about a healthy lifestyle.
* Watch Casey Neistat’s Youtube Channel, he’s an inspiration to get out there and do stuff

1. **In your opinion, what are some of the barriers (excuses!) to physical activity and how might they realistically be overcome?**

* Not enough time

That’s not excuse because you only need 10 minutes of your day to exercise, you just need to put more effort to it. An option would be downloading one of those 7-Minutes Apps workout, get a Gym Mat and follow the routine in your home. Usually the “time excuse” is a priorities problem and not a time issue.

* Not money to join the gym

Gyms are expensive this is totally true, and equipment is equally expensive but you don’t need much to get started, a Gym Mat is 20$, that’s mostly all you need and you don’t need it, but is good for your back and sweaty floors. If the home routine is a success buying dumbbells would be the next step. I would also recommend a skipping rope. Follow good YouTube channels like this one:

<https://www.youtube.com/user/TheLeanMachines> -> They’re focused on short exercises routines many times without equipment and they give good tips about nutrition too

* I’m always tired

We are always tired at the beginning, but after doing it for a couple of times we find that after we exercise the body feels so much better. Try to find a good time to exercise when you feel energize for some people that’s in the morning, for others is after work.

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-choosing-the-one-for-you>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

<http://www.health.harvard.edu/staying-healthy/>

I bought one and motivates me to go out, but for some people they just need to get started because they’re never ready, they just want to keep buying equipment. Like a friend of mine that didn’t exercise because was waiting for a Gym Pad he bought from Amazon and after that was waiting for a Fitbit and was avoiding doing exercise because he wanted to procrastinate in the way of buying more stuff to be ready. He ended up exercising because played squash one day with me and got obsessive with it.

My point is some people either you must “throw him against the bus” or find something that they like because otherwise they will just procrastinate constantly.