

Top 10 Tips

By Lauren Kanko

GET ACTIVE



1) Find a workout buddy

Working out with a friend is fun and increases accountability

2) Mark exercise into your schedule

Schedule exercise just like your other commitments to make sure it's still a priority when things get busy

3) Try new classes or activities

Mixing up workouts helps things from getting boring

4) Park further away or incorporate walking

Walking further and taking the stairs and can help you squeeze in fitness more often

5) Short on time? Try a HIIT session

HIIT (high intensity interval training) is a short but tough workout with tons of health benefits

6) No equipment? Use your own bodyweight

You don't need a gym membership to be active – grab an app to lead you through a full body workout anywhere, anytime

7) Add stretching and rest days into your routine

It's important to stretch, take rest days, and stay hydrated to look after yourself

8) Aim for 150 minutes a week

This will put you in line with current Canadian physical activity guidelines

9) Listen to your body – if you're in pain, stop

Ease into exercise – don't overdo it all at once

10) When all else fails, take a walk!

Grab a friend to make it social, or go solo to clear your head and get in touch with your environment



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WEEKLY EXERCISE LOG

Aim for 150 minutes of moderate to vigorous exercise and 2 days of resistance training a week

	SUN	MON	TUES	WED	THURS	FRI	SAT
Cardio							
Resistance							
Stretching							

MY 3 FITNESS GOALS FOR THE MONTH OF: _____

Setting monthly fitness goals can keep you on track and help you stay motivated. Use this space to list 3 goals this month that are **specific**, **measurable**, and **attainable**. For example, Alex wants to run 5km straight by the end of the month, so one of his goals is to run 15 minutes, three times a week.

- 1)
- 2)
- 3)