



Resources

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Top Ten Activity Tips

If you are just starting out on an exercise program, check with your physician before you begin. You can also complete the physical activity readiness questionnaire PAR-Q & YOU.

1. Add up 30 minutes or more of moderate activity each day. Three 10-minute brisk walks do count.
2. As you become more active, work up to 30 continuous minutes or more, of moderate activity on most if not all days. The activity pattern recommended for optimal health is 30 to 60 minutes of moderate activity accumulated on most if not all days.
3. Make active living part of each day. Active living means taking every opportunity to keep your body moving.
4. Help your body move more by taking the stairs instead of the elevator, walking to the corner store, or cycling to work.
5. Exercise your heart with aerobic activities, such as jogging, cycling, swimming, dancing or brisk walking.
6. Increase the intensity of your activity. You've reached your target heart rate if you can talk to someone, but not easily, while exercising.
7. Increase your muscle strength and bone mass with strength-training exercises, like lifting weights or resistance exercises, a couple times a week.
8. Keep your body flexible through stretching exercises, yoga, Tai chi, golfing, gardening, or dancing. Choose different activities each day to make it more fun. Be active with a friend or on your own.
9. Be active no matter what the weather. Raking leaves, shoveling snow, or chasing after the kids, all count toward your daily activity goal.
10. Find more ways to keep active everyday. The more you do it, the more reasons you'll find to make active living part of your life.

For more information, check out *Canada's Physical Activity Guide to Healthy Active Living* available from Fitness Canada or your local fitness centre or from <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/index-home-accueil-eng.php>

PAR-Q & You - available from www.csep.ca

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