

## Tips To Get Physically Active

Source: [Heart&Stroke](#)

Hopefully, you've decided that it's time to make physical activity a regular part of your life. And now, you want to get more ideas to boost your physical activity.

### Year round fun

Try to make physical activity a part of every day. Walk to work, take a physical activity break at lunchtime, or go for an after-dinner stroll. That way it's easy and fun, not a time crunch.

Choose activities you enjoy. That way you're more likely to stick with it. If the gym isn't your style, head for a walking trail, do some gardening, work on your golf game or join a yoga class.

- If you're just starting out, go slow and **work up gradually**. Make sure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life. Take a walk around the block, play with your kids or dance to your favourite music.
- List the **activities you like** (swimming, bowling, biking) and the rewards you hope to gain (better heart health, reduced stress). Then plan how to make them part of your daily routine. At work, carve out 10 minutes to walk during lunch. If you have children, ask your family, friends or neighbours to pitch in to watch the kids while you take that dance class you've always wanted to sign up for.
- Involve **family and friends** in your physical activity program. You'll gain support and companionship. You don't need to go it alone!
- **Keep at it**, and within three months or less, you'll notice a big difference in your fitness level. You'll feel better, have more energy, sleep more soundly and reduce your stress.

Here are some physical activities to try throughout the summer:

- biking
- gardening/foraging/berry picking
- golfing
- hiking
- inline skating
- baseball, basketball, Frisbee, kickball, soccer, tag, volleyball
- skipping rope
- swimming
- tennis
- walking
- water aerobics (aqua fitness)

## OTHER IDEAS

- cycle or walk to work
- climb the stairs instead of taking the escalator or elevator
- get off the bus or subway a stop earlier and walk to work and home
- make appointments for walking meetings with co-workers
- walk the kids to school
- park the car further away from your destination
- walk to the corner store, bank and post office
- wash and wax the car by hand

## Start Walking

Walking is easy, fun and provides instant benefits. More than half the body's muscles are designed for walking; it's the body's natural movement that is virtually injury-free.

From feeling great to supporting the environment, there are many rewards to walking. Walking lets you connect with family and friends, helps clear your mind and problem-solve, allows you to explore and enjoy your surroundings, and helps relieve stress and tension. Walking is the most popular physical activity in Canada – no special skill or equipment is required and it is easy to fit into 10 minute intervals throughout the day. And it's good for your health too!

**NOTE:** Always check with your healthcare provider before beginning any physical activity program.