

TIPS FOR ADULTS

The Canadian Physical Activity Guidelines suggest that adults aged 18-64 years should accumulate at least 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Here are some ways to incorporate physical activity into your day:

- Wake up 15 minutes earlier and start your day with some gentle stretches.
- Start your day with a brisk morning walk.
- Try a group fitness class at a community centre or gym.
- Turn household chores into a workout as you move to the beat of some favorite tunes.
- Check out online resources for easy equipment-free, body-weight workouts that you can try from home.
- Find a family member, colleague, friend or neighbour who also wants to become more physically active and schedule times to meet up for a fitness class, swim, game of tennis, or walk.
- Schedule physical activity into your calendar.
- Invest in a physical activity tracker, like a pedometer or FitBit
- Break up time watching TV with mini workouts like push-ups, sit-ups, and leg lifts.
- Make an effort to leave your desk at lunch time – get outside, go for a walk, run errands.
- Take the stairs instead of the elevator or escalator whenever possible.
- Break up sedentary time during the workday with stretch breaks or walking meetings.
- Use active transportation (walking or cycling) whenever possible.
- If you use public transportation, get off the bus or train a few stops ahead of your destination and walk the rest of the way.
- If you must drive, park a couple of blocks away from your destination and finish the journey on foot.
- Join a gym, and keep it fresh by taking classes, like boxing, yoga, or step.
- Sign up for a charity event that requires you to walk, run or cycle.
- Instead of turning on the TV after dinner, go for a walk with your partner, dog or children.
- Join your local sport league – most leagues will offer a variety of sports and activities at both recreational and competitive levels.
- Take swimming or aquatic classes.