

My Physical Activity Guide Part 2



Moving Always - In All Ways!



Congratulations on completing your first 6-week physical activity program.

Perhaps you are asking yourself “Why Am I Doing This Again?”

Exercise can bring about many great changes within the body.

- ▶ By keeping with it you can reduce the risk of stroke by 56%
- ▶ Strengthen your bones and prevent against bone loss or osteoporosis
- ▶ Improving sleep quality, help with mood, depression or anxiety
- ▶ Maintaining activity reduces the risk of developing type 2 diabetes by as much as 50%
- ▶ Activity is your BEST Medicine!

Medical Disclaimer:

- ▶ Remember: talk to your physician or healthcare professional if you have any specific concerns about continuing your physical activity program.
- ▶ If you experience any pain or difficulty with these exercises, symptoms of weakness, unsteadiness, light-headedness/dizziness, chest pain or pressure, nausea, or shortness of breath, stop and consult your exercise leader or healthcare professional.
- ▶ Take breaks if needed.
- ▶ Mild soreness after exercise may be experienced after beginning a new exercise routine. Check with your healthcare provider if the soreness does not improve after 2-3 days.

Warm Up Guidelines:

1. Do your planned activity, such as walking, but at a lower intensity (slower pace) for at least 5 minutes.
2. Doing a proper warm-up slowly increases blood flow to exercising muscle, protects your heart, and decreases joint pain and muscle soreness.

Cool Down Guidelines:

1. Doing a proper cool-down is important to prevent muscle soreness.
2. To cool down, continue your activity at a slower pace for a minimum of 5 minutes.
3. Stretching after your cool down routine is ideal.

Exercise Efforts:

The most important part about getting started is that you work on your exercise consistency (number of times you exercise per week) before you should worry how hard your activity feels.

A good guideline is that your warm up and cool down should feel “**light**”. (3 on a scale of 1-10)

Your aerobic exercise (such as going for a walk) should feel “**fairly light to somewhat hard**”. (5 on a scale of 1-10)

Stop or slow down if you feel any pain or discomfort

Week 7: Date: _____ to _____

My Goal for this week is to: Try to do this program 4 times this week!

| Time | | EFFORT |
|--------------------|--|---------------------------------------|
| WARM UP 5 Min | Walk at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace. | 3 (Light) |
| BRISK 17 Min | Increase your speed slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to, total time is our target for now! | 5 (fairly light-somewhat hard) |
| COOL DOWN 5 Min | Decrease speed/incline back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace. | 3 (Light) |
| | Total Workout Time: 27 Minutes- You Did It - Congratulations! If you complete this program 4 days this week, you will reach 108 minutes of physical activity! | |

Week 8: Date: _____ to _____

My Goal for this week is to: Try to do this program 4 times this week!

| Time | | EFFORT |
|--------------------|--|---------------------------------------|
| WARM UP 5 Min | Walk at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace. | 3 (Light) |
| BRISK 19 Min | Increase your speed slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to, total time is our target for now! | 5 (fairly light-somewhat hard) |
| COOL DOWN 5 Min | Decrease speed/incline back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace. | 3 (Light) |
| | Total Workout Time: 29 Minutes- You Did It - Congratulations! If you complete this program 4 days this week, you will reach 116 minutes of physical activity! | |

THE SWITCH UP

Week 9: Date: _____ to _____

My Goal for this week is to: Try to do this program 5 times this week!

| Time | | EFFORT |
|--------------------|--|---------------------------------------|
| WARM UP 5 Min | Walk at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace. | 3 (Light) |
| BRISK 20 Min | Increase your speed slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to, total time is our target for now! | 5 (fairly light-somewhat hard) |
| COOL DOWN 5 Min | Decrease speed/incline back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace. | 3 (Light) |
| | Total Workout Time: 30 Minutes- You Did It - Congratulations! If you complete this program 5 days this week, you will reach 150 minutes of physical activity! | |

Congratulations!

- ▶ In as little as 9 weeks you are achieving Canada's Physical Activity guidelines of 150 minutes of aerobic exercise each week.
- ▶ For the next few weeks you have 3 options:
 - ▶ #1. You can stay at this program of 30 min/day 5 times per week. It is this simple- you really do not need to do more.
 - ▶ #2. If you are bored of what you are doing, you can switch to something else. Example: if you were walking now try cycling or swimming.

IMPORTANT NOTE: When you switch to a new type of exercise it may feel more difficult to do the program at the same amount of time as you were previously.

TIP: Reduce your time. Start at 15 minute sessions 5 times per week, and increase 2 minutes per week until you are back at 30 minutes per session.

- ▶ #3. Think of adding in some other beneficial exercises such as balance or strength training. Visit our website to find out more.

<http://prescriptiontogetactive.com/getactive/strengthtraining/>

5 Tips To Help Keep You On Track

- ▶ **Have fun:** the perfect activity is one that is fun for you. If you are not enjoying it, try something new.
- ▶ **Have a “break”:** Everyone has good days and bad days. On days you feel sluggish try some light stretching or lower the intensity of your activity (go slower).
- ▶ **Have some variety:** You can become bored from doing the same thing day after day. Try something different once in a while.
- ▶ **Have a celebration:** Reward yourself for being active. Set some goals and celebrate them. The small goals are important and they all add up!- try to reward yourself with an activity related item like new shoes, new classes etc., rather than a “food” reward.
- ▶ **Have a buddy:** Help someone else get started. Ask a friend or neighbor to come along for a walk.