

# My 6-Week Physical Activity Guide



Moving Always - In All Ways!



# Goals of Your Program:

- ▶ This 6-week program is designed to help you start to get active and to provide you support.
- ▶ Each week you will receive an exercise prescription to follow to help you stay on track and celebrate successes along the way.
- ▶ This program is designed to encourage sustainable changes, help you set and achieve your goals, overcome obstacles and prevent chronic illnesses.
- ▶ Each week is designed to slowly increase your exercise capacity. YOU are an active participant in your exercise plan. YOU control how fast and how hard your activities are.

# Medical Disclaimer:

- ▶ If you have not been active in a while, talk to your physician or healthcare professional about your specific concerns before getting started.
- ▶ 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. For some helpful hints visit our website at:

<http://prescriptiontogetactive.com/get-active/stretching/>

# 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 1: Date:** \_\_\_\_\_ **to** \_\_\_\_\_

**My Goal for this week is to: Try to do this program 3 times this week!**

Time		EFFORT
<p><b>WARM UP</b> 5 Min</p>	<p>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.</p>	<p>3 (Light)</p>
<p><b>BRISK</b> 5 Min</p>	<p>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!</p>	<p>5 (fairly light-somewhat hard)</p>
<p><b>COOL DOWN</b> 5 Min</p>	<p>Decrease speed/incline back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.</p>	<p>3 (Light)</p>
	<p>Total Workout Time: 15 Minutes- You Did It - Congratulations! If you complete this program 3 days this week, you will reach 45 minutes of physical activity!</p>	

Week 2: Date: \_\_\_\_\_ to \_\_\_\_\_

My Goal for this week is to: Try to do this program 3 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 7 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: 17 Minutes- You Did It - Congratulations!  If you complete this program 3 days this week, you will reach  51 minutes of physical activity!	



Week 3: Date: \_\_\_\_\_ to \_\_\_\_\_

My Goal for this week is to: Try to do this program 3 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 9 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: 19 Minutes- You Did It - Congratulations!  If you complete this program 3 days this week, you will reach  57 minutes of physical activity!	

Week 4: Date: \_\_\_\_\_ to \_\_\_\_\_

My Goal for this week is to: Try to do this program 3 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 11 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: 21 Minutes- You Did It - Congratulations!  If you complete this program 3 days this week, you will reach  63 minutes of physical activity!	

# THE SWITCH UP

Week 5: 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 13 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: 23 Minutes- You Did It - Congratulations!  If you complete this program 4 days this week, you will reach  92 minutes of physical activity!	

Week 6: 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 15 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: 25 Minutes- You Did It - Congratulations!  If you complete this program 4 days this week, you will reach  100 minutes of physical activity!	

# Congratulations!

- ▶ In as little as 6 weeks you are achieving 100 minutes of aerobic exercise each week.
- ▶ If you would like to keep going, visit our website at [www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com) to download another 6 week program.

The next 6 weeks will work you up to Canada's physical activity guidelines of 150 min of aerobic exercise each week!

**Congratulations, you have completed your 6 week challenge towards becoming a healthier you!**