1) Find a workout buddy
   Working out with a friend is fun and increases accountability

2) Mark exercise into your schedule
   Schedule exercise just like your other commitments to make sure it’s still a priority when things get busy

3) Try new classes or activities
   Mixing up workouts helps things from getting boring

4) Park further away or incorporate walking
   Walking further and taking the stairs and can help you squeeze in fitness more often

5) Short on time? Try a HIIT session
   HIIT (high intensity interval training) is a short but tough workout with tons of health benefits

6) No equipment? Use your own bodyweight
   You don’t need a gym membership to be active – grab an app to lead you through a full body workout anywhere, anytime

7) Add stretching and rest days into your routine
   It’s important to stretch, take rest days, and stay hydrated to look after yourself

8) Aim for 150 minutes a week
   This will put you in line with current Canadian physical activity guidelines

9) Listen to your body – if you’re in pain, stop
   Ease into exercise – don’t overdo it all at once

10) When all else fails, take a walk!
    Grab a friend to make it social, or go solo to clear your head and get in touch with your environment
WELLNESS EDUCATION CENTRE
Top 10 Tips
By Lauren Kanko

GET ACTIVE

WEEKLY EXERCISE LOG
Aim for 150 minutes of moderate to vigorous exercise and 2 days of resistance training a week

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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<td>Stretching</td>
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MY 3 FITNESS GOALS FOR THE MONTH OF: __________________________

Setting monthly fitness goals can keep you on track and help you stay motivated. Use this space to list 3 goals this month that are specific, measurable, and attainable. For example, Alex wants to run 5km straight by the end of the month, so one of his goals is to run 15 minutes, three times a week.

1)  
2)  
3)