

Increase Your Physical Activity

Increasing your physical activity can help to manage and prevent problems like heart disease, diabetes, depression, osteoporosis, arthritis, and obesity. Self-esteem and energy levels also increase with more activity

How do I Increase My Physical Activity Level?

Start with where you are.

- ✓ Start with the amount and type of physical activity that you are comfortable with.
- ✓ Doing activities that you don't enjoy or trying to do much more than you are used to will be very difficult to continue
- ✓ You should be able to talk (may be a bit breathy) while you are being active

Increase activity slowly.

- ✓ Increase the how often you do an activity or how long you do an activity before you increase the difficulty or intensity of the activity.
- ✓ If you have any chronic diseases like diabetes or heart disease, check with your doctor and complete a PAR-Q before you increase the intensity or difficulty of your activity

How Quickly can I Increase my Physical Activity Level? I

- Aim first to achieve “regular” physical activity. Regular physical activity is a habit of doing activity 3 times per week or more (up to 5 times per week)
- After you have completed 2-3 weeks of regular physical activity you can start to slowly increase either the number of days that you are active or the length of time that you participate in activities.
- Increase the duration or length of time that you are active by no more than 5-10 minutes per session each week at. Increase the frequency or how often you are physically active by a maximum of 1 day every other week until you reach a maximum of 5 days per week
- If it is safe to do so, increase the intensity or difficulty of your physical activity by adding small intervals of 1-2 minutes of higher intensity activity to your normal activity while keeping the total amount of time you are active the same.
- Increase the number of higher intensity intervals by adding 1-2 intervals every 2 weeks Overall Goal= 150 minutes of moderate activity or 60 minutes of vigorous activity per week

Turn over the page to learn how to use SMART Goals to plan your path to a Healthier You....

Using SMART Goals to Increase Your Physical Activity

SMART GOALS is a way of planning changes that make tasks “do-able”

SMART Goals are::

Specific: What are you going to do?, Why is it important?, How are you going to do it? Specific goals help you to focus on and define what you want to do

Example: I will walk around my survey

Measurable: How much, How often?, How many, How will I know I have accomplished my goal? Measurable goals help you establish how you will measure your progress and allow you to see that change has occurred

Example: I will walk for 20 minutes 3 days per week

Action-Oriented: What are you going to do to reach your goals? What action is required on your part? Action-oriented goals allow you to focus on the actions that you need to take to make change happen

Example: I will walk with my friend and will make appointments on my calendar

Realistic: Is the goal within your current capabilities? Do you believe that you can accomplish this goal? Realistic, but challenging goals allow you to feel satisfied with your achievement.

Example: I will walk at a moderate pace (unrealistic to speedwalk or run at the start)

Time-framed: How long will it take? When will you start? Time-framed goals give you an endpoint and a clear target to work towards. Without a time frame there is no urgency to start working towards you goal.

Example: I will start in 2 days and will evaluate my progress in two weeks

Now it is your turn! Use the attached S.M.A.R.T. Goal Sheet to make your personal SMART GOAL