Handout 7

5 tips for staying physically active

1. Have fun...
The perfect activity is the one that is fun for you. If you aren’t enjoying it, shop around for something you like to do.

2. Have a break...
Everyone has good days and bad days. On the days that you feel sluggish try a little stretching. If you don’t feel any better soon, leave it for that day. Move a bit more on the days when you feel great.

3. Have some variety...
You can get bored from doing the same thing day after day. Try something different once in a while. Many programs will let you try out a class for free.

4. Have a celebration...
Reward yourself for being active. Set some goals and celebrate them. The small goals are important too—they add up!

5. Have a buddy...
Help someone else get started. Ask a friend or neighbour to come along for a walk.

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Active Independent Aging was a joint venture between the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. For more information please visit our website at: www.falls-chutes.com. Funding provided by Health Canada/Veterans Affairs Canada Falls Prevention Initiative. The views expressed herein do not necessarily represent the official policies of Health Canada, Veterans Affairs Canada, the University of Ottawa and the Public Health and Long-term Care Branch, City Of Ottawa. The information in this handout is current as of 2004.

ACTIVE INDEPENDENT AGING A community guide for falls prevention and active living
www. falls-chutes.com