TOP 10 TIPS FOR EXERCISE

Here are 10 tips to help anyone safely start an exercise program.

- **Get your heart pumping faster every day.** Work the large muscles in your arms and legs by walking, swimming or cycling.

- **Work your other muscles, too.** Strengthening your trunk, arms and legs improves your overall fitness.

- **Work on balance.** Do something to challenge your balance every day, even standing on one leg in a safe place.

- **Some exercise is better than no exercise.** Sessions of at least 10 minutes are beneficial as you work towards 150 to 200 minutes per week.

- **Set a goal and track your progress.** Set realistic goals and adjust them regularly.

- **Warm up and cool down.** Gently increase your intensity over the first 5-10 minutes and gradually slow down at the end.

- **Moderate intensity exercise is safe for most people.** If you’re unsure or want to push a little harder, check with your healthcare provider.

- **Listen to your body.** Aim for a feeling of “moderate to somewhat difficult” rather than “easy” or “too difficult.” The “Talk Test” is a great guide: if you can sing while exercising, take it up a notch, if you can’t talk without pausing to breathe, back off a bit.

- **Sit less, move more.** Moving often throughout the day will improve your overall health.

- **Need motivation to start?** Make a plan with a friend or join a group. To help get you started, look for the Heart Wise Exercise logo to find a safe and appropriate exercise program. heartwise.ottawaheart.ca