



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

TOP 10 TIPS FOR EXERCISE

1



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

2



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

3



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

4



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.

5



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

6



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

7



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

8



Listen to your body. Aim for a feeling of “moderate to somewhat difficult” rather than “easy” or “too difficult.” If you can sing while exercising, take it up a notch, if you can't talk without pausing to breathe, back off a bit.

9



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

10



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