



## 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](http://heartwise.ottawaheart.ca)) to find a safe and appropriate exercise program.