



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