



## Get Moving

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This tool has been excerpted from the TEMPO (Tailored, wEb-based, self-Management PrOgram) symptom self-management program. The content of this document has been reviewed and approved by healthcare professionals.

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## Becoming or staying motivated to do physical activity

*"I am always excited to start to new program but I always lose interest after a few weeks. It's hard to keep the motivation going."*

**Stephane, diagnosed with prostate cancer**

*"Doing exercise just doesn't really appeal to me especially since my diagnosis; I just don't feel like it."*

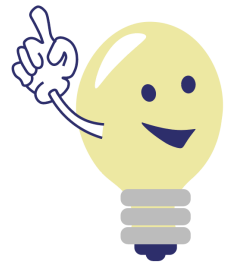
**Daniel, diagnosed with prostate cancer**

### Finding Motivation

It is normal for your motivation for exercise to vary, especially if you already have a lot on your plate. Everybody is motivated by different things. You might like to try some of these suggestions to help you keep motivated.

### Suggestions for staying motivated to do physical activity

1. Share your goals with others
2. Seek out group fitness classes for people of similar age or medical condition
3. Try new activities and fit them into your daily routines
4. Stay positive and celebrate your successes
5. Choose an activity you enjoy
6. Focus on small steps and track your progress
7. Who can help me?



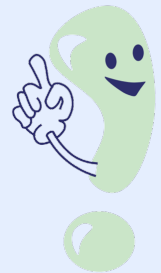
**TOP TIP: Remember** to speak to your doctor before you begin any new physical activity plan. Ask about when you can start, and any precautions you should take when deciding the type and intensity of physical activity.



Keep reading to find a guide on how to use each of the following suggestions. Each suggestion has been selected for its evidence-based benefits. For further information on suggestions tailored to your individual emotional or physical needs, speak to your health care team.

**TOP TIP:** Motivation and reasons to be motivated differ from person to person, so it is not surprising that your response to these suggestions can differ too. You might need to try more than one suggestion before you find the one that works for you.

1. Read the step-by-step guide for all suggestions.
2. Choose a suggestion that you would like to try.
3. Set a goal to use your preferred suggestion.
4. Make an action plan to practice the suggestion in your daily routines.
5. Learn how to set rewards for the progress you make toward achieving your goals.



## **Suggestion 1: Share your goals with others**

You may feel motivated by people around you. If so, share your goals with friends or family members to help you stay on course. Or consider sharing your goals with your healthcare team. They are in a good position to offer support and encouragement as you progress towards your goals.

**TOP TIP: Don't think you have enough time in your day for physical activity?**

Watch this video (<https://www.youtube.com/watch?v=aUaInS6HIgo>) by Dr. Mike Evans it might make you think again!

## **Suggestion 2: Seek out group fitness classes for people of a similar age or medical condition**

### **What the experts say**

Finding a group fitness class that suits your medical condition can provide a range of benefits. The social interaction within these groups has been shown to be a major motivating factor for many people. It has been shown that patients and caregivers going through cancer benefit from speaking to others who are going through similar experiences. It allows you to speak to someone who can really relate to what you are going through. Inquire at your hospital, health clinic, or search online for exercise physiologists, physical therapists, or athletic therapists in your area to see if any are offering exercise classes for cancer patients.

## **Suggestion 3: Try new activities and fit them into your daily routines**

**Try new activities:** To keep feeling interested in the activities you have chosen, try a new activity to meet the same goal. For example, if you want to practice relaxation but find that you are losing motivation, try a new relaxation CD, or join a meditation group. Or, if you are struggling to jog outside because of the weather, join a gym or run inside at a community centre. Incorporating your new activities into your usual daily routine can also be a helpful way to stay motivated. Try planning your new activities right before or after the activities in your usual routine. For example, practice your relaxation or meditation before breakfast, do a few stretches or your resistance band activities while watching TV, or walk to meet your friend at your local coffee shop rather than driving there.

## **Suggestion 4: Stay positive and celebrate your successes**

### **What the experts say**

**Stay positive:** Though it can be difficult, stay focused on the positive aspects of working towards your goals and remind yourselves why these goals are important to you. If you

are lacking motivation because the goals you have chosen are too difficult or unrealistic, you may want to change or adjust them.

**Celebrate your successes along the way with a reward:** You may want to build some more rewards into your action plan or remove rewards that are no longer motivating you. Some reward ideas can include:

- ✓ Treat yourself to a movie
- ✓ Dig into that new book you've always wanted to read
- ✓ Enjoy a nice, relaxing bath
- ✓ Pack a picnic and go to your favorite park to enjoy the fresh air
- ✓ Plant some new flowers in the garden

**Remind yourself of past success:** If you are struggling to get through an exercise session, think about all the previous times you made it through. Remind yourself that you have made it through challenging exercises before and you can do it again! Grab your partner/caregiver to help motivate you get through an activity. If an exercise is ever too hard, make a few changes so it fits your abilities. It is important not to put too much pressure on yourself or expect perfection. For example, let's say your goal was to go on a 30-minute walk, but after 10 minutes you start to feel unwell and decide to go back home. Rather than dwell on the fact that you did not achieve the goal, focus on the positive fact that you got up and out of the house rather than sitting or sleeping.

## **Suggestion 5: Find someone to be physically active with**

### **What the experts say**

Exercising with a "buddy" can be an enjoyable way to motivate you to be physically active. A physical activity buddy could be a friend, a family member, or a new acquaintance who is also looking for a buddy. If you enjoy larger groups of people, you could find many new buddies through an organized community group.

To find an exercise buddy, or group of buddies:

- ✓ **Ask friends or family to join you.** Your family or friends might have been looking for an opportunity to be more physically active too.
- ✓ **Search for local volunteer groups.** Look for groups that have similar interests to you, for example a community gardening group or a fundraising triathlon club.
- ✓ **Use a pet as a “buddy”.** For example, walk your dog, walk your neighbor’s dog, or go for a horse ride.
- ✓ **Join a local sports club.** For example, a local walking, cycling, jogging, or tai chi group.
- ✓ **Look for ads or apps to find a buddy.** Try searching in your local newspaper or online to find sites or ads designed to help people find a fitness buddy with a shared interest.

If you consider yourselves as part of a patient and caregiver team, you should always have a “buddy” to help keep each other motivated to work towards your goals.

### **Suggestion 6: Choose an activity you enjoy**

**Write down a list of activities you enjoy:** Think of exercises or activities you have enjoyed doing in the past, and write them down. Pick some of your favourite ideas and try those out. When you enjoy the activity, being physically active feels like less of a chore, but a fun thing to do.

**Find a buddy to be active together:** Having a friend or family member to be physically active with can help make it more enjoyable. Look for someone who is interested in the same activities as you or share a common goal. Grab a friend to go for a walk, a hike, or a bike ride. See if your partner or caregiver wants to try some partner exercises with you!

## Suggestion 7: Focus on small steps and track your progress

**Focus on the smaller steps.** Trying to achieve one big goal can seem daunting, so break up your goal into smaller goals. Focus on achieving the smaller goals and build your way up to the big one. The small steps are just as important to help you reach your end goal. You can even reward yourself for the steps along the way to your bigger goal.

**Track your progress:** Record the activities you do each day and how you feel after them. It can be hard to see changes day-to-day, which can be discouraging. By writing down how much activity you do each day, you can look back and see how far you have come. Maybe you didn't feel that great after your first few exercises, it was tough, but weeks later you can see your improvements!

## Suggestion 8: Who can help me?

What is a CSEP Certified Exercise Physiologist® (CSEP-CEP)?

CSEP-CEP is a health professional with a four-year university degree specializing in prescribing exercise for all types of clients including chronic health conditions such as cancer, arthritis, diabetes, obesity, high blood pressure, as well as populations with medical conditions, functional limitations or disabilities associated with musculoskeletal, cardiopulmonary, metabolic, neuromuscular, and ageing conditions. A CSEP CEP performs assessments, prescribes conditioning exercises, as well as exercise supervision, counseling, and healthy lifestyle education.



How to find a CSEP-CEP?

To find a CSEP-CEP near you consult the CSEP website at <http://www.csep.ca> and click on the member directory tab. You can also call CSEP at +1 877 651 3755 or email [info@csep.ca](mailto:info@csep.ca).

## What is a Kinesiologist?

Registered Kinesiologists are recognized experts in preventing and managing injury and chronic disease and helping to reach peak physical performance. Very similar to a CSEP-CEP Kinesiologists use evidence-based research, to develop programs for a wide range of people. Kinesiologists believe in empowering people to look after their own health. They focus on prevention and wellbeing, increasing worker productivity and reducing time lost to injuries and accidents, helping you get back to work and back to health faster.

Kinesiologists and CSEP-CEPs are qualified to perform musculoskeletal assessment, rehabilitative and functional re- training exercise, diabetes Management Strategies, cardiac rehabilitation, cancer rehabilitation, stroke rehabilitation, mental health management, and hydrotherapy.

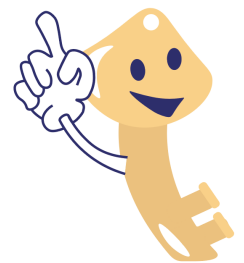
## How to find a registered Kinesiologist?

Depending on your province consult the following organizations websites for details on how to find a Kinesiologist.

- Québec – Fédération des Kinésiologues du Québec, [www.kinesiologue.com](http://www.kinesiologue.com)

### Key points: how to get motivated to exercise

- Sharing your goals with others, or finding someone to exercise with can help you get motivated.
- Trying new activities you enjoy can help you feel interested in exercise.
- Setting small goals and tracking your progress can help you see how far you have come.
- Rewards can help motivate you to exercise.





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## Getting ideas about how to get physically active

*"I know that I should exercise, it's just I don't know where to start or what to do."*

David, diagnosed with prostate cancer

*"I am not sure if I am ready to start incorporating physical activity into my routine now that I'm done with treatment. I am not sure how much I should or shouldn't be doing."*

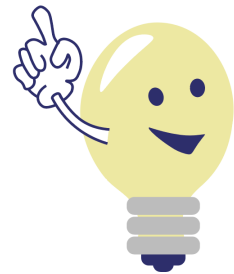
Nathan, diagnosed with prostate cancer

### Where do I start and how do I know what to do?

It can be difficult to know where to start when you want to get physically active. Being physically active is when you do activities in your day that use energy, such as gardening, household chores, or going for a walk. When you choose to do a specific physical activity to improve your fitness, then you are doing exercise. Examples of exercise are stretches to improve flexibility, movements using a resistance band to build muscle, or walking to increase fitness.

### Suggestions for where to start to get physically active

1. **Find out** how much physical activity and exercise you should do
2. **Ask** yourself if you feel ready
3. **Choose** what physical activity you want to do
4. **Try new** physical activities
5. **Find someone** to be physically active with
6. Discover **where you can go** to exercise
7. Work out **how much you want to spend** on being physically active
8. **Make a plan** to do physical activity regularly



**TOP TIP:** Our individual needs and preferences differ from person to person, so it is not surprising that your response to these suggestions can differ too. You might need to try more than one suggestion before you find the one that works for you.

1. Read the description of each suggestion that follows
2. Choose the strategy or strategies that you prefer
3. Make an action plan to help you fit your preferred suggestion into your daily life
4. Set rewards for the progress you make toward achieving your goal.



If you find one suggestion is not quite working for you, try one of the other suggestions.

## **Suggestion 1: Find out how much physical activity and exercise you should do**

### **What the experts say**

Research shows that living an active life can improve health and well-being of patients with a cancer diagnosis and their caregivers. Engaging in physical activity is also recommended by the World Health Organization, the American Heart Association, as well as the Government of Canada. For the most benefit, choose physical activities you enjoy, that make your heart beat a bit faster, and cause you to breathe a bit harder and sweat a little.

According to the Canadian Physical Activity Guidelines, adults should aim to complete 150 minutes of these exercises each week, which works out to be 30 minutes a day for 5 days.

**FACT:** You can do your 30 minutes of daily exercise in 10-minute sessions throughout your day. For added benefit, include exercises to strengthen your muscles 2 x per week, and stretching exercises 3-4 x per week.

## Suggestion 2: Ask yourself if you feel ready

You may be unsure if you are ready to commit to doing more physical activity. There are five common stages you could experience as you become ready to be more physically active. It is normal to jump between these stages on your journey towards doing more physical activity. The readiness scale below shows the five stages of readiness. Where are you on the readiness scale today?

**You are ready !**



- I am already starting to exercise, and want to keep going.
- I have planned some activities and want to succeed at the activities I try.
- I am deciding to do more physical activity, and want to start soon.
- I am thinking about doing more physical activity, but I'm not sure if I am ready.
- Others are recommending I do more physical activity, but I am not ready to start yet.

**You are thinking about it!**

There is no right or wrong place to be on the readiness scale. It is ok to feel ready one day, and the next day you are back at the planning stage. Keep reading below to find information and ideas about how to get physically active.

## Suggestion 3: Choose what physical activity you want to do

You are more likely to continue doing a physical activity if you enjoy it. To choose fun or enjoyable physical activities, ask yourself the following questions:

- ✓ **What physical activities do I enjoy now?** Perhaps you are a keen gardener, or you enjoy dancing, cycling, or walking.

- ✓ **What physical activities have I enjoyed in the past?** Were you previously involved in physical hobbies, such as kayaking, soccer coaching, hiking through National Parks, or did you enjoy a regular stroll through shopping malls.
- ✓ **What activities or exercises have I been provided by my health care team?** Regular walks using the pedometer and provides samples of strength exercise programs you can use to get started.
- ✓ **Which of these activities can I do often, and at an intensity that makes my heart beat a bit faster, breathe a bit harder, and sweat a little?** You don't need to run a marathon to reach this intensity, you may feel your heart beating faster, your breathing increasing and a light sweat after 10 minutes of gardening, or a brisk walk in the park.

If you are still unsure about choosing a physical activity, you could:

- ✓ **Search** for local sporting clubs, community centres, gyms, or exercise groups. You may find a physical activity you enjoy in your neighbourhood.
- ✓ **Ask family and friends** what physical activities they do. Perhaps they would like to join you as you explore different physical activity ideas.
- ✓ **Search government supported health websites** for active living ideas. There are many reputable websites to explore, including the Canadian Cancer Society, [www.cancer.ca](http://www.cancer.ca).
- ✓ **If you have a diagnosed medical condition, speak to your health care team, or search for diagnosis specific support group / association in your area, they may have information on exercise sessions tailored to your specific needs.**

## Suggestion 4: Try new physical activities

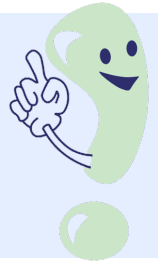
### What the experts say

Trying a new activity can add excitement to your routine, but be aware you might feel unsure about how well you will do. New activities might involve learning or re-learning one

or more physical skills. To build confidence while learning a skill, here are some useful reminders:

- ✓ **The more practice you do, the better you will become.** See practice as an opportunity to be physically active, rather than just hard work.
- ✓ **Avoid comparing yourself with others,** but focus on building your skills and setting your own personal challenges.
- ✓ **Ask an expert for hints** or ideas about how you can improve. Even experts were once beginners, and may have useful ideas to help you get started.

**TOP TIP:** A new physical activity may involve learning to use new equipment or technology. Remember to read any safety warnings or maintenance manuals before using the equipment.



Finding a choice of activity that is perfect for you can be a challenge. Here are examples of choices you might make if you are a person who enjoys trying new things, versus a person who likes to keep to a routine.

Type of person	Type of choice	Examples
<b>You enjoy trying new things</b>	Choose a range of activities, so you can change the physical activity you do regularly.	For example, try a new resistance band exercise every few weeks, or try different types of yoga each season.
<b>You like a consistent routine</b>	Select one activity you want to succeed at. Focus your effort on mastering the skills involved in the physical activity over time.	For example, select a sport you have wanted to master, such as bowling, tennis or orienteering.

## Suggestion 5: Find someone to be physically active with

### What the experts say

Exercising with a ‘buddy’ can be an enjoyable way to commit to being physically active. A physical activity buddy could be a friend, a family member, or a new acquaintance. If you enjoy larger groups of people, you could ask a group of buddies to join you, or find new buddies through an organized community group.

To find an exercise buddy, or group of buddies:

- ✓ **Ask friends or family to join you.** Your family or friends might have been looking for an opportunity to be more physically active too.
- ✓ **Search for local volunteer groups.** Look for groups that have similar interests to you, for example a community gardening group or a fundraising triathlon club.
- ✓ **Use a pet as a ‘buddy’.** For example, walk your dog, walk your neighbour’s dog, or go for a horse ride.
- ✓ **Join a local sporting club.** For example, a local walking, cycling, jogging, or tai chi group.

## Suggestion 6: Discover where you can go to exercise

You can do physical activity anywhere! Depending on the activity you choose, you can do physical activity and exercise in many different locations. Here are some ideas:

Location	Examples of physical activity or exercise
At home	Try stretches while watching TV, indoor stairclimbing, or do yard work outdoors.
At work	Take a brisk outdoor walk to replace a coffee break. A group of work colleagues might like to join you.

<p><b>At a park, local hiking trails, or national parks</b></p>	<p>A cycle around your local park, or discovering new cross- country ski trails can be an enjoyable way to be physically active. If you would love to explore, but are unable to drive to national parks, ‘Urban hiking’ is a way of exploring the hidden treasures of your local neighbourhoods.</p>
<p><b>At local sporting clubs, gyms or community centres</b></p>	<p>Take a dance class, or start a gym workout. You may find a tai chi class or boot camp at your local community centre</p>

### **Suggestion 7: Work out how much you want to spend on being physically active**

To be successful in your physical activity goals, the benefits of your chosen activity should outweigh any costs. Some people find paying to join a gym or exercise class can motivate them to attend regularly. However, if your budget is limited, the financial costs can prevent you from achieving your physical activity goal.

If you are concerned about the financial costs, it is important to know that regular physical activity can be achieved on any budget. You might be concerned about buying new clothing, equipment or membership fees when you begin a physical activity. Before you allow financial costs to prevent you from reaching your goals, look for strategies to keeping the costs to a minimum. For example, choose activities that are free such as walking at the park, or look for discounts at your local community centre or gym.

**FACT:** When given the choice between a longer session of low intensity physical activity versus a high intensity workout, many people prefer the longer session of low intensity activity. Those who choose the longer session tend to experience more positive emotional benefits.

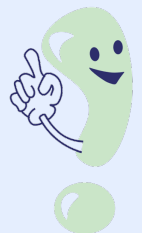


## **Suggestion 8: Make a plan to do physical activity regularly**

**Make an action plan.** An action plan can help you decide what actions you can take to make sure you do your physical activity regularly. When deciding your action plan, there are strategies you can use to make you more likely to succeed. For example, you can fit your new physical activity into your schedule by swapping a sedentary activity for an active one. Instead of meeting your friends for coffee at a café, meet them for a brisk walk at the park.

**Have a coping plan.** A coping plan is used to avoid setbacks or unexpected events that may interfere with your physical activity routine. You might find your physical activity plan has some interruptions from time to time. For example, an outdoor walk is interrupted when it starts raining heavily, or you planned to attend a dance class at your local community center but the class was cancelled. Having a coping plan in place before these setbacks happen, can avoid you missing your planned physical activity session. A coping plan for rainy days could be an indoor strengthening workout using an exercise DVD.

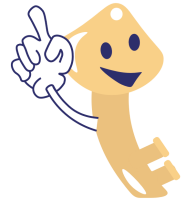
**TOP TIP: Start being physically active now...** While you wait for an appointment with your medical team to check any precautions, start to plan the physical activity and exercise you are going to do. Tell your family or friends about your plan, and gather the clothing or equipment you will need for your chosen activities. If you are still thinking about if you are ready for physical activity, take a walk while you think, you will be taking the first steps to being more physically active!





## Key points: where to start to get physically active

1. Find out how much physical activity you should do, and what activities you want to do.
2. Discover where you can exercise, and who you can exercise with.



## Fitting physical activity into our day

*“I was always a runner, but since my husband’s diagnosis I haven’t gone once. I feel like I don’t have time to exercise.”*

**Anna, caregiver of Randy, diagnosed with prostate cancer**

*“By the time I get home from appointments and everything else we’ve got going on, doing physical activity is the last thing on my mind.”*

**Samuel, diagnosed with prostate cancer**

## How can we be physically active with our busy schedules?

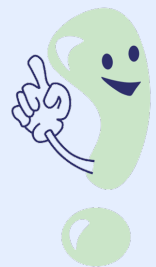
Many people want to do more physical activity but find it challenging to fit the activity into their already busy schedule. You and your partner might have differing opinions about physical activity. You might be someone who hides from physical activity, with an unused gym membership weighing you down. Or perhaps you love physical activity, you can’t get enough of it, and want to find ways to fit more into your day. Whatever your feelings about physical activity, research shows the more often you move during the day, the better for your physical, mental, and emotional wellbeing. So, how do you find the time to do more physical activity when you already feel overloaded with medical appointments, social engagements, and work commitments?

### Suggestions on how to fit physical activity into your day:

1. Turn your **everyday movements** into physical activity.
2. **Swap** sedentary activities for active ones.
3. **Learn** about the negative impacts a sedentary lifestyle can have
4. Choose physical activities that you **enjoy** doing.
5. Use technology to make physical activity a **priority**.
6. Schedule physical activity into your weekly routine
7. Who can help me?

### TOP TIP: Use the suggestion right for you:

1. Read the description of each suggestion that follows Choose the strategy or strategies that you prefer
2. Make an action plan to help you fit your preferred suggestion into your daily life
3. Set rewards for the progress you make toward achieving your goal

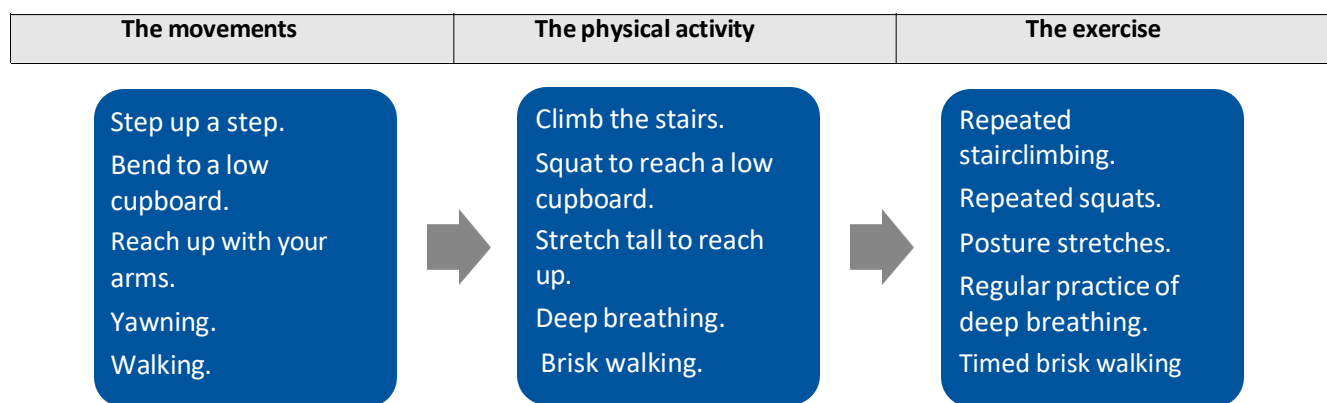


Keep reading to find a guide on how to use each of the following suggestions. Each suggestion has been selected for its evidence-based benefits. An expert describes these benefits at the beginning of each step-by-step guide. For further information on suggestions tailored to your individual emotional or physical needs, speak to your health care team.

## Suggestion 1: Turn your everyday movements into physical activity

'Physical activity' is any activity you do during your day that includes movements that use energy, for example, walking, sweeping or gardening. If you choose to do a specific physical activity to improve your strength or fitness, it becomes an 'exercise'. For example, standing up from a chair is a movement that uses energy, and if you repeat it multiple times, it becomes a resistance exercise. By repeating sit to stand to sit, you are using your own body weight to strengthen the muscles in your legs.

Opportunities exist throughout your day to turn body movements into beneficial physical activity and exercise. Below is a list of 5 everyday body movements and a description of how you can easily change them into physical activity or exercise.



## Suggestion 2: Learn about the negative impacts of a sedentary lifestyle

### What the experts say

Sedentary and active lifestyles are terms commonly used throughout many different programs and tend to pop up everywhere. It may help to define and explain the impact that each can have on your health. First when we talk about an active lifestyle it doesn't have to mean running marathons, in fact most commonly we are referring to obtaining the 150 mins of moderate/vigorous physical activity per week outlined in the Canadian

Physical Activity Guidelines. Living a relatively active lifestyle can provide great benefits for prostate cancer patients (see handout number 7 titled I don't think physical activity can help us). Always keep in mind with physical activity that it doesn't have to be the perfect workout; just doing something is always better than doing nothing.

Second, when we look at sedentary behaviour and living a sedentary lifestyle we start to see the negative impacts this can have on our health. A sedentary lifestyle can be defined as a type of lifestyle where an individual does not receive regular amounts of physical activity.

According to the Canadian Physical Activity Guidelines some examples of sedentary behaviors include prolonged sitting, watching television, playing passive video or computer games, extended time spent on the computer (surfing the internet or working), and motorized transportation.

#### **What are the disadvantages/dangers of living a sedentary lifestyle?**

The World Health Organisation has identified that physical inactivity as the fourth leading risk factor for death worldwide. The dangers of physical inactivity can include decreased muscular strength and cardiorespiratory fitness, essentially making many daily activities much more difficult to complete. People who are less active may also find it more difficult to make it through their chemo process compared to people who are fitter and stronger going into treatment. As well as this, being physically inactive can also increase your risk of getting other health conditions such as hypertension (high blood pressure), heart disease, stroke, diabetes, weight gain, and depression. Research has shown that being active can help during each stage of cancer - before, during, and after treatment - and can also help manage the effects of cancer-related fatigue. Essentially what it comes down to is "the healthier you go into treatment, the healthier you come out of treatment".

### Suggestion 3: Swap sedentary activities for active ones

Below is a list of sedentary activities and how you can swap them for active ones. The take-home message of this suggestion is do all you can to get the numbers on your side by being as healthy as you can be, as this can make a difference.

Sedentary activity	How to swap it for an active one	Ideas
<p><b>Sitting on public transport, or in your car</b></p>	<p>Take every opportunity to walk or ride a bicycle to your destinations. When you are walking, use your pedometer to record the extra steps you are taking.</p>	<ul style="list-style-type: none"> <li>• If you take the bus or train, exit a few stops earlier and walk the remaining distance.</li> <li>• If you drive your car, park the car further from your destination. You might even find it easier to find parking spaces.</li> <li>• Make the choice to walk or cycle. If you are meeting friends at a café, aim to meet earlier and walk together to the café.</li> </ul>
<p><b>Watching TV</b></p>	<p>While watching TV, think of ways to move your body during the commercial breaks.</p>	<ul style="list-style-type: none"> <li>• Use a treadmill or stationary bike while watching TV. Time your exercise session by the length of the TV episode you are watching.</li> <li>• Stretch or do strengthening exercises during commercial breaks. Keep your resistance band next to your sofa as a reminder.</li> <li>• When you watch sport on TV, try to be active while the athletes are resting. Get up from the couch and walk around or do some exercises during the intermission breaks.</li> <li>• Rather than watching TV, find an exercise video to watch and move your body to.</li> </ul>

<p><b>Sitting at home, in cafés or at work</b></p>	<p>Become aware of how long you have been sitting, find excuses to move your body.</p>	<ul style="list-style-type: none"> <li>• If you plan to sit at a café for the afternoon, swap this for a walk through a museum or park.</li> <li>• Replace one or two coffee breaks with a physical activity break. For the coffee breaks that remain, practice your pelvic floor (Kegel) exercises at the same time.</li> <li>• Use the stairs instead of the elevator.</li> <li>• Do household chores as an opportunity to move your body.</li> <li>• If you are seated a lot, take regular breaks to do your stretching exercises.</li> </ul>
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### Suggestion 4: Choose physical activities you enjoy doing

One of the secrets to successfully fitting a new physical activity into your schedule, is to enjoy the activity you choose! You are more likely to want to do an activity that you find pleasurable, and will find the time to participate in the activity despite your busy schedule.

**TOP TIP:** You can make a physical activity enjoyable by

- ✓ Choosing a ‘fun’ activity, with an intensity level that you enjoy.
- ✓ Making the activity a social experience
- ✓ Setting yourself realistic challenges



Choosing a ‘fun’ activity may be easier for some, but harder for others. It’s ok if you take time coming to terms with physical activity as being ‘fun’. We often see physical activity advertised as high intensity and high impact exercise, for example, marathons, or weight training. You might think these activities are fun, but if you don’t, you will be pleased to know that low

impact, low intensity physical activity can still be beneficial for your wellbeing. Examples of low intensity physical activities are walking, resistance band exercises, yoga, and gardening. Consider making the physical activity an opportunity to socialize. You might be more likely to find the time for the activity if you are meeting up with others. Here are some ideas on where to find people to exercise with:

- ✓ **Join an organized sport, or a volunteer community group.** Find a group that fits with your chosen activity. For example, a gardening group, running group or tai chi class at your local park.
- ✓ **Meet regularly with a friend** for walking, swimming, dancing, cycling, or trekking. Book a regular time into your calendars, and send each other reminders to keep the date.
- ✓ **Walk your dog, or a neighbour's pet.** Ask the animal shelters near you, they might be looking for dog walkers. Animals can be great companions when exercising.

**FACT:** When people are given the choice between a longer session of low intensity exercise versus a short high intensity workout, many people prefer the longer session of low intensity exercise. People who choose the longer session tend to experience more positive emotional benefits.

If you prefer to do your physical activity alone, try setting personal challenges. Meeting a challenge can help you make physical activity a priority in your busy schedule. For example, you could set a distance you want to walk each month, and keep a record of the distance you walk each day. Remember to reward yourself when you reach your desired distance.

## **Suggestion 5: Schedule physical activity into your weekly routine**

### **What the experts say**

Many people believe that they do not have sufficient time during the week to incorporate physical activity into their routines. One useful strategy to overcome this can be to sit down and plan your weekly schedule in advance. When planning your week, try to find a few times

where physical activity would be possible. When you find a good time, schedule it just as you would for a doctor’s appointment. By doing this, you are making time for yourself and your health, while also making you accountable for your goal.

If an unplanned appointment or activity conflicts with your scheduled physical activity time, be sure to reschedule it or see if you can incorporate the physical activity before or after. It could be helpful to remind yourself that this scheduled physical activity is your time, and that it is very important and beneficial for your health and wellbeing. Another benefit of scheduling your physical activity is that it allows you to easily keep track of how much physical activity you are getting per day/week. After a few weeks, you can look back and see how far you have progressed.

**How do I use this suggestion?**

Use the planner on the next page or something similar to set aside times for physical activity in your week and then note down how you did. Use a ✓ to indicate that a session was completed as planned or a X to indicate that a session was not completed (and note why). It may also be helpful to make note of how you felt during/after each session of physical activity. Make sure to put it up on the fridge or anywhere visible to remind you of when your next exercise session is.

Day of week	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



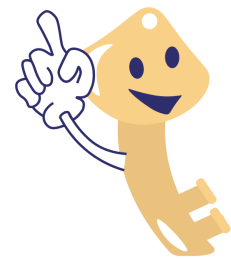
## Suggestion 6: Use technology to make physical activity a priority

Using technology can be a useful way to prompt you to remember the physical activity goals you have set, track your progress, and share your success with others. The technology you use does not need to be complex. Some examples of different technology you can use to help fit physical activity into your day are:

- ✓ **Using reminders** to encourage you to regularly participate in physical activity. You can use calendars, post reminders throughout your house, or set alarms on your clock, phone or computer to prompt you to be active each day.
- ✓ **Wearing your pedometer** can challenge you to keep improving on your physical activity levels. You could compete with others to reach your 10 000 steps each day.
- ✓ If you enjoy technology, **investigate affordable apps**, GPS trackers, or heart rate monitors to set yourself challenges for the location, intensity, and duration of your activities. Some apps allow you to share your progress with family and friends.

### Key points: how to fit physical activity into your day

- ✓ Take every opportunity to use your body and make your muscles work throughout your usual routine.
- ✓ When planning your day, remember to look for any sedentary activities and swap them for active ones.
- ✓ You are more likely to want to find time to do physical activities that you enjoy. So, choose activities that are pleasurable, social, and at an intensity that you enjoy.



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## Ressources

### Video

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