

BEING ACTIVE

Why do I want to be more active?

- 1.
- 2.
- 3.
- 4.

(more energy, better for my health)

When can I be more active?

- 1.
- 2.
- 3.
- 4.

(after supper, during lunch at work)

IDEAS

- Go for a 15 minute walk at lunch or after supper
- Do some form of exercise when you are bored
- Do 5 minutes of stretching in the morning
- Remind myself what I do well
- Enrol in group activity

How can I be more active?

(walk to work, park far away from shopping entrance, walk the dog)

- 1.
- 2.
- 3.
- 4.

Ways to increase my heart rate.

- 1.
- 2.
- 3.
- 4.

My rewards for being active

- 1.
- 2.
- 3.

BENEFITS

- Weight loss
- Decreases your bad cholesterol
- Increase your healthy cholesterol
- More energy
- Smaller waist size
- Lowers your risk of Diabetes
- You will be healthier and stronger
- You will reduce your risk of heart disease

**Remember, if you slip, it is only a small set back, not a failure, keep trying!
Every attempt you make brings you a step closer to you Being Active.**