

My plan

Take 'time away' to think about...



Consider . . .

- your time
- your roles
- your responsibilities
- your motivation
- feelings of guilt
- your standards



Find Support

- Talk about your plan with family and friends
- Ask for support - be specific
- Find a buddy



Hamilton

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Make the Plan

- 1 Choose an activity you will enjoy. Walking is a good way to start.
- 2 Set a start date several weeks from now.
- 3 Use the time to get ready - see your doctor, get what you need (e.g. clothes, shoes).
- 4 Set realistic short-term targets.
- 5 Focus on being physically active, not on how you perform.
- 6 Choose to be active close to work or home.
- 7 Plan for regular physical activity, be flexible.
- 8 Plan for setbacks and learn from them. You may need to revise your plan.

I Am Doing It!

“I feel stronger.”

“My clothes fit better.”

“I look younger!”

“I’m sleeping better.”

“I’m in a better mood.”

“I have more energy!”

Start slowly, build up, listen to your body.

Every 10 minutes of activity counts.

Aim for 30 - 60 minutes of moderate physical activity most days of the week.

**Starting slowly is very safe for most people.
But if you are not sure, talk to your health care provider.**