

# How to Get Started with Physical Activity

1. Pick something you like to do such as walking the dog or swimming. You may need to try a few different activities before you find something you enjoy.
2. Start small. Fit in 5 to 10 minutes of activity a few times a day. It all adds up. Remember something is better than nothing.
3. Make exercise a part of your routine. Habits are easier to form if they take place immediately after something you already do. For example, as soon as you get home from work or immediately after getting up in the morning.
4. Exercise with family or friends to make it more enjoyable.
5. Keep hydrated with water.
6. Stay positive.
7. Track your activity for awareness.
8. Celebrate your wins!!



## *Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](http://saskhealthauthority.ca)

## Sample Physical Activity Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walked with family in the afternoon. <b>20 minutes</b>	Went to aqua-size class during lunch <b>45 minutes</b>		Walked for 10 minutes on two work breaks <b>20 minutes</b>		Took the dog for a walk after work <b>15 minutes</b>	Did heavy yard work (raking and cutting the grass) <b>45 minutes</b>

### Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca