

Taking the first step: deciding to be physically active

This handout will help you to think about:

- your reasons for deciding to be more physically active; and
- finding the motivation to stay active.



Your reasons to be more active

People decide to become more physically active for many reasons. Each person's reasons are different.

Read the questions below to help you think about your reasons to become more active.

Take time to think about what motivates you to be physically active.

Staying the same (not being physically active)	Being more physically active
What are the good things about not changing your level of physical activity?	If you become more active, what benefits would you get?
If you aren't active, what effect could this have on your health and well-being in five years?	If you stay physically active what benefits might you experience in five years?

Adapted from Miller and Rollnick (2002)

Finding your motivation

It's important to think about what motivates you to be physically active. Knowing this can help you become more active and stay active!

Ask yourself:

- What is the **worst thing** that might happen if you don't make this change?

- What is the **best thing** that might happen if you do make this change?

Take time to think about what motivates you. Are you motivated by:

- Your health?
- A wish to be able to do more with your family and friends?
- Wanting to have more energy and/or to sleep better?
- A desire to feel more physically strong?

The short list above includes only a few ideas. You may have similar ones, or other ideas of your own.

Below, write down all the reasons that could motivate you to be physically active.

Sometimes our motivation to be physically active is low. This is normal! Here are a few tips to help keep your motivation high:

- read through your answers on this handout often;
- find an activity you enjoy and can do easily;
- keep a log of when you are physically active and what you did;
- see yourself as a person who is physically active; and
- keep telling yourself you can do it!

Remember, it is important to:

- take time to think of reasons why you want to be more physically active; and
- learn what best motivates you to stay physically active.



Making a physical activity plan

Sometimes becoming more physically active can be hard. If you feel this way, you are not alone!

One way to make it easier to get started is to make a physical activity plan.

This handout will take you through the steps to make your own plan.

Step 1: think about the 5 W's:

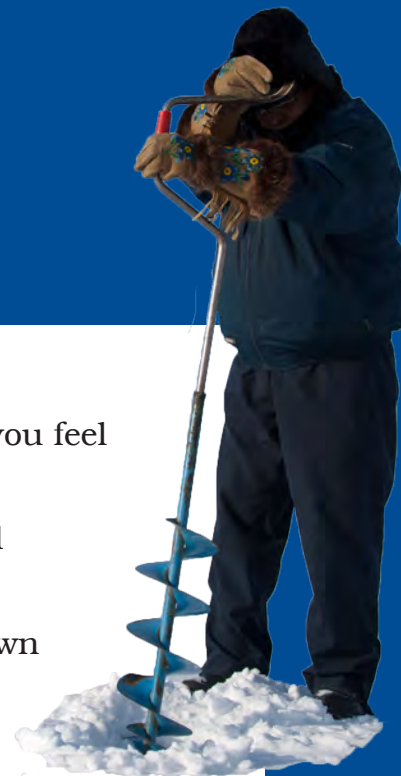
WHY, WHAT, WHERE, WHEN, WHO. Read the questions below and write your answers in the space provided.

Talk to your health care provider about activities that are best for you.

WHY is physical activity important to you?

WHAT type of physical activity(ies) do you want to do?

WHERE would you do the activity(ies)?



WHEN can you be active?

WHO can you be active with?

Step 2: write out your physical activity plan

Here are some sample physical activity plans. Write your own plan in the space provided.

Sample plan #1

WHY	More energy; help to control my weight.
WHAT	Walking.
WHERE	Near my home and work.
WHEN	To/from work daily (about 10 minutes). After supper every evening for 20 minutes.
WHO	By myself to/from work. With family members in evenings.

Sample plan #2

WHY	My health; get outside.
WHAT	Nordic walking (nwtrpa.org)
WHERE	Meet at the school.
WHEN	Tuesday and Thursday evenings.
WHO	By myself, but hopefully meet others in the class.

Sample plan #3

WHY	Sleep better; feel stronger.
WHAT	Fitness video.
WHERE	At home.
WHEN	Weekday mornings, before work.
WHO	By myself.

My physical activity plan

Decide on your five W's	Write your plan here
WHY	
WHAT	
WHERE	
WHEN	
WHO	

Step 3: adding detail to your plan

The questions below will help you add more details to your plan.

How much time will you need for your activity?

Do you need special clothing or equipment?

What can you do to prepare for poor weather?

What are some problems you may run into when carrying out your physical activity plan?

What are some ideas to solve your problems?

Tips to help you start being active and stay active

- Ask your family and friends to support you.
- Find out about easy, fun ways to be active in your area.
- Find out which activities you can do at work or nearby, such as a fitness club or park.
- Talk to your health care provider about activities that are best for you.

Remember: Often, taking the first steps towards more physical activity can be hard. The key is to develop a plan!

Once you have a **plan in place**, you will find it easier get started and begin working towards your physical activity goals.

Action Step: What is **one thing** you can do today to make this plan happen?

Setting goals for physical activity

Setting goals is an important way to help increase your physical activity.

This handout will help you to:

- 1) learn how active you are now
- 2) set SMART goals
- 3) make smaller goals to help reach your SMART goals

Answer the following questions. Write your answer in the space provided.

What are you doing NOW?

What activities do you do now?

How often during the week are you active? (Once a week?
Twice a week? Daily?)

How long are your physical activity sessions? (15 minutes or less? Only
a few minutes each time? 30 minutes or more?)

What activities would you LIKE to do?

What physical activities do you enjoy doing and find fun?

Are there activities that you are willing to try?

Setting goals can help you stay physically active.



Setting SMART goals

SMART goals are goals that are right for you.

Read the chart below to learn how to set a SMART goal.

Description		Example
S	Specific Describe your goal clearly	Walk 30 minutes/day, 5 days a week. I will walk fast enough to be sweating and breathing heavily.
M	Measurable How will you track the activity?	I will record how long I walked and the date of each walk.
A	Achievable Can you meet this goal?	Yes, I will increase the amount of time I walk each week, until I reach 30 minutes/day.
R	Rewarding Is this goal meaningful or rewarding to me?	Yes, I will see many health benefits that are important to me.
T	Realistic Timeline Is my timeline doable? How long will it take me to reach this goal?	Yes, I would like to reach my goal in 6 months.

My own SMART chart

Use this as a tool to help you set your goals.

For each SMART goal you set, choose a goal that focuses on doing the **activity** (such as walking, swimming or cycling), rather than a **result** (such as weight loss).

		My own SMART goals
S	Specific	
M	Measurable	
A	Achievable	
R	Rewarding	
T	Realistic Timeline	

Making small goals first

A great way to reach a SMART goal is to first break it into smaller goals or steps!

Read the example below to learn how one person set many small goals in order to reach a SMART goal.

SMART goal:

In 6 months, I will be walking for 30 minutes/day, five days a week!

Timeline	Small Goals:
1 st month	By the end of my first month, I will be walking at least 10 minutes/day, 3 days a week.
2 nd month	By the end of my second month, I will be walking at least 20 minutes/day , 3 days a week.
3 rd month	By the end of my third month, I will be walking at least 30 minutes/day , 3 days a week.
4 th month	By the end of my fourth month, I will be walking at least 30 minutes/day, 4 days a week .
5 th month	By the end of my fifth month, I will be walking at least 30 minutes/day, 5 days a week .
6 th month	I will continue to maintain walking for at least 30 minutes/day, at least 5 days a week.

Setting your own small goals

In the table below, create small goals or steps which will help you to reach your SMART goal. Set timelines for each small goal.

Write your SMART goal here:

Your Timeline (months, weeks, days, etc.)	Small Goals or Steps

What stops you from being physically active?

Trying to be more physically active can be hard for many people. You are not alone!

This handout will help you think about:

- what is stopping you from being more physically active; and
- how to **work on** these problems.

You may face problems such as:

- no time;
- being tired; and
- other priorities.

The table below lists common problems that stop us from being more active and offers tips to help you work on these problems.

Common problems	Ways to work on these problems:
"I am just not motivated."	<ul style="list-style-type: none">• Make the decision to be active.• Focus on doing the activity, rather than the results.• Choose something fun.• Focus on the short-term benefits, such as sleeping better and having more energy.
"I have no time."	<ul style="list-style-type: none">• Be active for 10 minutes, three times each day.• Make activity dates with yourself and keep them.• Take "active coffee breaks" at work.• Walk to work and when doing errands.

Common problems	Ways to work on these problems:
“It’s cold and dark outside.”	<ul style="list-style-type: none"> • Plan ahead! Be ready to be active in any weather. • Focus on the fresh air and being outside. • Make a list of activities you will do in any weather. • Dress in layers and wear gloves, a warm hat, a head lamp, a scarf, and snow pants.
“I feel tired and have no energy.”	<ul style="list-style-type: none"> • Be active when you have the most energy, such as doing a morning or lunch-hour activity if you are too tired in the evening. • Remind yourself that you will have more energy after your activity. • Plan to be active with other people.
“I feel uncomfortable.”	<ul style="list-style-type: none"> • “Physical activity” can be anything you like to do. It is not only about “exercise.” It’s about getting up and moving! • Choose activities that are comfortable for you, such as walking. • Be active with others who you feel comfortable with (family and friends). • Don’t compare yourself to others.
“I have no one to be active with.”	<ul style="list-style-type: none"> • Partner with someone who is already active. • Invite friends to do an exercise video with you at home. • Start a walking group in your community.



Plan ahead, so you can be active in any weather!

What stops you from being more active?

Write down your reasons in the box below.

For each reason, write down your ideas about how to work on the problem.

What stops me from being more active:	Ways to work on these problems:

Benefits of physical activity

This handout will help you to understand some of the benefits of physical activity.

Regular physical activity boosts your physical health, your mental and emotional health, and your social health.

Here are just a few of the benefits:

Physical Health Benefits	Mental and Emotional Health Benefits	Social Health Benefits
<ul style="list-style-type: none">• stronger muscles and bones• improves your heart health• reduces risk of chronic diseases• improves chronic disease symptoms• helps to maintain a healthy body weight	<ul style="list-style-type: none">• improves your mood• helps you cope with stress and anxiety• feel better about yourself• sleep better• great way to have fun	<ul style="list-style-type: none">• great way to spend time with family• good way to see friends more often• excellent way to meet new people• positive way to be involved in your community

Can you think of any other benefits that are important to you?

How would being more physically active improve your life? List your ideas:

Health benefits timeline

We can see some of the benefits of physical activity right away! Other benefits may take more time and patience.

This table provides a timeline of some health benefits.

Short-term (a single session of physical activity)	Medium-term (4-8 weeks of regular physical activity)	Long-term (months to years of regular activity)
<div><div>↑ mood & energy</div><div>↑ self-esteem</div><div>↑ sleep</div><div>↑ concentration</div><div>↑ good cholesterol</div><div>↑ calories used</div></div>	<div><div>↑ muscle strength</div><div>↑ bone & joint strength</div><div>↑ balance & posture</div><div>↑ heart health</div><div>↑ insulin sensitivity</div></div>	<div><div>↑ quality of life and overall well-being</div><div>↑ your independence</div><div>↑ how long you live</div></div>
<div><div>↓ stress</div><div>↓ depression</div><div>↓ high blood sugar</div><div>↓ bad cholesterol</div><div>↓ blood pressure</div></div>	<div><div>↓ body weight & body fat</div><div>↓ joint pain & swelling</div><div>↓ falls</div><div>↓ bad cholesterol</div></div>	<div><div>↓ heart disease</div><div>↓ osteoporosis (bone disease)</div><div>↓ dementia (such as Alzheimer's)</div><div>↓ certain cancers (such as colon & breast cancer)</div></div>

↑ = improve/increase ↓ = decrease/lower

Action Step: **Circle** the benefits listed above that are important to you.

Physical activity is a great way to meet new people and spend time with friends.



What is one thing you can do today to start being more physically active?

Physical activity and your blood pressure

Having high blood pressure can lead to health problems such as heart disease, stroke, or kidney problems.

The good news is physical activity can help!

This handout describes:

- how much physical activity you should do; and
- how physical activity can affect your blood pressure.

How much physical activity should I do?

It is important to be active most days of the week. *Aerobic activities* can help improve and manage your blood pressure.

Aerobic activities work your heart and lungs, such as walking, cycling, jogging, cross-country skiing and swimming.

The following table describes your aerobic physical activity “prescription.”

Aerobic Physical Activity “Prescription”	
How often?	<p>Aim for <i>150 minutes of aerobic activity per week</i>.</p> <p>This could be:</p> <ul style="list-style-type: none">• shorter sessions: 10 minutes, 3 times/day• longer sessions: 30 or more minutes/day, 5 or more days/week
How hard?	<p>Try to work at a <i>moderate-to-vigorous</i> intensity.</p> <p>This means:</p> <ul style="list-style-type: none">• your heart beats faster• you are sweating lightly• breathing is deeper and faster• you can still talk easily, but not sing

What aerobic activities would you like to do?

Note: A fitness professional or recreation coordinator can show you some safe exercises that work best for you.

When you begin a new activity, start at your own comfort level.

As you become used to doing the activity, you can slowly increase:

- **how long** you are active
- **how often** you are active
- **how hard** you work

How does physical activity affect my blood pressure?

While you are doing an aerobic activity, your blood pressure changes.

- The top number (called systolic) will rise when you are active. The harder you work, the higher this number can go.
- The bottom number (called diastolic) will stay about the same. In some people it may drop slightly. This is normal.
- If your blood pressure is too high, your health care provider may
 - ✧ tell you to monitor your blood pressure when you are active; or
 - ✧ give you blood pressure ranges, so you can stay safe when active.

Your blood pressure will be lower *after* you have done an aerobic physical activity.

- This decrease in your blood pressure can last several hours. This is one of the reasons why daily physical activity is recommended; you get health benefits right away!

- Often, those with very high blood pressure will see the greatest change.
- You may see a larger decrease if your physical activity session is longer, or if you work harder.

What is your current blood pressure?

What is your ideal blood pressure?

Blood pressure changes **OVERTIME**

Over time, regular physical activity may help you reach a healthy blood pressure level.

Fun Fact:

Most people who become regularly active can lower their systolic blood pressure by *seven points* and their diastolic pressure by *five points*.

Such as:

- Blood pressure before becoming active = 154/98
- Blood pressure after 4 months of being active = 147/93

The more often you are active, the sooner you may see these changes.

Keep it fun. Make physical activity a big part of your life.



More benefits

Being physically active on a regular basis can give you many other benefits, such as:

- reducing your need for blood pressure medication;
- improving how well your heart works;
- giving you more control over your body weight;
- helping you to manage stress;
- improving how well you sleep; and
- boosting your energy and strength.

Remember:

- Aerobic physical activities can help you manage and improve your blood pressure.
- You will see many other benefits from being more active.
- Keep it fun! Make fun physical activity a lasting part of your life.

What is one thing you can do *today* to start being more active?



High blood pressure: how to stay safe when active

Aerobic physical activity can help you manage and improve your blood pressure.

Aerobic activities work your heart and lungs. Aim for 150 minutes of aerobic activities each week, such as brisk walking or swimming.

It is important to be safe when you are active.

This handout provides some safety tips for you to follow.

Medications and your safety

Are you on medication for your blood pressure, such as a diuretic, beta blocker or similar medication? Check with your health care provider to find out.

You can still be physically active, but you will need to follow a few safety steps.

- 1) Stay cool. Your medication may make it harder for your body to cool itself when you are active. Keep your body cool by:
 - ✓ drinking lots of water while being active
 - ✓ being active in the morning or evening when it is cooler (if the weather is hot or humid)
 - ✓ decreasing the intensity (how hard you push yourself) and/or the length of time you are active when the weather or workout location is hot or humid

Drink lots of water before, during and after physical activity.



2) Your medication may affect your blood sugar levels. This may make you feel a bit light-headed. If you feel light-headed or dizzy:

- ✓ stop your activity, or slow down
- ✓ take a glucose tablet, or eat a piece of candy
- ✓ do not resume your activity until you feel well

General safety tips

Here are some general safety tips to keep in mind when you are physically active:

- ✓ do not hold your breath
- ✓ start with light- or moderate-intensity sessions
- ✓ listen to your body and take breaks as needed
- ✓ always warm-up and cool-down

Remember:

Aerobic physical activity can help you manage and improve your blood pressure. But make sure you stay safe and have fun when being physically active.

Physical activity and type 2 diabetes

Physical activity can help you to manage and improve your diabetes.

This handout describes:

- how much physical activity you should do; and
- how physical activity can help your diabetes.

How much physical activity should I do?

To manage and improve your diabetes, try to be active most days of the week.

Both **aerobic** and **resistance** physical activities can help your diabetes.

- **Aerobic** activities work your heart and lungs, such as walking, cycling, jogging, cross-country skiing, and swimming.
- **Resistance** activities help to strengthen your muscles, such as push-ups, squats, lifting weights, and aquatic exercises.

Try to be active most days of the week!



The following table describes your physical activity “prescription” for aerobic activities.

Aerobic Physical Activity	
How often?	<p>Aim for 150 minutes of aerobic activity per week.</p> <p>This could be:</p> <ul style="list-style-type: none">• shorter sessions: 10 minutes, 3 times/day• longer sessions: 30 or more minutes/day, 5 or more days/week
How hard?	<p>Try to work at a moderate-to-vigorous intensity.</p> <p>This means:</p> <ul style="list-style-type: none">• your heart beats faster• your body will feel warmer• you may begin to sweat lightly• your breathing is deeper and faster• you can still talk easily, but not sing

What aerobic activities would you like to do?



Aim for 150 minutes of aerobic activities per week!

The following table describes your physical activity “prescription” for resistance activities.

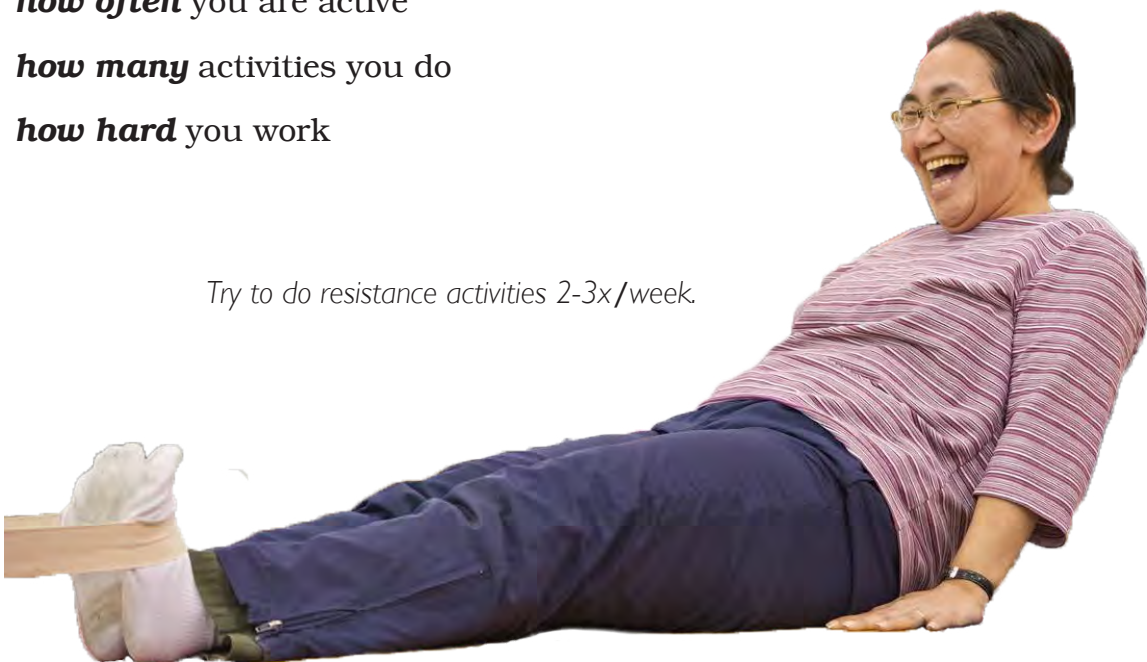
Resistance Physical Activity	
How often?	Try to do resistance activities 2-3 times a week. It is important to do resistance activities for all of your major muscles. Choose a variety at each session, e.g., 6-10 different activities.
How hard?	It is important to work at an intensity level that is safe for you. For example: <ul style="list-style-type: none">• Start by doing one “set” of an exercise or activity. A set should include 10-15 repetitions, such as 10-15 squats.• Over time, you can slowly increase the number of sets that you do for each activity, or slowly increase how much you lift.
Note: A qualified exercise professional can show you what exercises work best for you and how to work at a safe intensity.	

When you begin a new activity, start at your own comfort level.

As you become used to doing the activity, you can slowly increase:

- **how long** you are active
- **how often** you are active
- **how many** activities you do
- **how hard** you work

Try to do resistance activities 2-3x/week.



How does physical activity help my diabetes?

Short-term benefit: lower blood sugar levels.

Your blood sugar levels will go down during and after physical activity.

The **short-term benefits of physical activity last 1-2 days after you are active**. So, don't wait more than 2 days between your physical activity sessions!

Long-term benefit: your body will use insulin better.

Over time, regular physical activity will increase your body's sensitivity to insulin. This means the sugar in your blood will be used more easily by your body throughout the day.

More benefits

Being physically active on a regular basis may give you many other benefits, such as:

- reducing your need for diabetes medication;
- improving how well your heart works;
- giving you more control over your body weight;
- improving how well you sleep; and
- boosting your energy and strength.

Remember:

- Aerobic and resistance activities can help you manage and improve your diabetes.
- You will see many other benefits from being more active.
- Keep it fun! Make physical activity a lasting part of your life.

What is one thing you can do **today** to start being more active?

Diabetes:

how to stay safe when active

Both aerobic and resistance physical activities are important for those who have diabetes.

Aerobic activities make you breathe a little harder and begin to sweat. Aim for 150 minutes of aerobic activities each week, such as brisk walking or swimming.

Resistance activities make you use your muscles to push, pull or lift. Try to do resistance activities 2-3 times a week.

This handout gives you information to help you stay safe when you are active. Topics include:

- blood sugar awareness;
- foot care;
- medication; and
- general safety tips for physical activity.

Blood sugar awareness

Do you take insulin or insulin-releasing pills? If you do, it is important for you to be aware of your blood sugar levels when you are active.

- Check your blood sugar levels **before, during, and after** physical activity.
- This will help you to prevent and treat low blood sugar levels.
- This is really important if you are trying out new physical activities or routines.

If you take insulin, it's important for you to check your blood sugar levels when physically active.



The chart below is for those who take insulin or insulin-releasing pills. It gives you blood sugar guidelines and safety recommendations to follow when you are physically active.

To do: Discuss this chart with your health care provider to make sure it is correct for you!

Before Physical Activity	<p>If your blood sugar is:</p> <ul style="list-style-type: none"> • less than 5.6 mmol/L, it may be too low to be physically active at that time. • You may need to eat a small snack before you begin (15 grams of carbohydrate, such as a piece of fruit or a slice of bread).
During Physical Activity	<ul style="list-style-type: none"> • Monitor blood sugar every 30 minutes. • Watch for signs of low blood sugar, such as dizziness, headache or feeling confused. <p>If blood sugar is low (less than 4.0 mmol/L):</p> <ul style="list-style-type: none"> ✓ stop and rest; ✓ have a snack (15 grams of fast-absorbing carbohydrate, such as a glucose tablet or candy with sugar); ✓ then test your blood sugar 15 minutes later. <p>Continue your activity once your blood sugar returns to a safe range.</p>
After Physical Activity	<ul style="list-style-type: none"> • Check your blood sugar levels right away. • Check 2-3 times over the next two hours. <p>If blood sugar is low (less than 4.0 mmol/L):</p> <ul style="list-style-type: none"> ✓ have a snack (15 grams of fast-absorbing carbohydrate, such as a glucose tablet or candy with sugar); ✓ then test your blood sugar 15 minutes later.

*Two examples of a 15-gram carbohydrate snack:
a small piece of fruit or half a cup of yogurt.*



More safety tips

- ✓ Be active 1-2 hours after you have eaten.
- ✓ Do not be active right after you have taken insulin.
- ✓ Avoid being active late in the evening, to prevent low blood sugar as you sleep.
- ✓ Carry a form of fast-acting sugar with you. For example, carry glucose tablets, or small candies with sugar in them.
- ✓ Discuss with your health care provider how you can prevent low blood sugar with your insulin medicine and your diet.

Foot care

Taking care of your feet is very important if you have diabetes.

Speak to your health care provider to find out if your feet are at risk or may give you problems when being physically active.

Are you are worried about your feet?

You may prefer to do physical activities that do not require you to be on your feet for too long.

These activities help to take some of the pressure off your feet:

- activities in the water: water aerobics, water jogging, swimming
- cycling (indoors or outside) or arm-cycling
- rowing
- seated exercises

Here are more tips to keep your feet in good shape:

- Only wear shoes that fit well.
- Check your feet daily for sores or wounds. If they need to heal, delay your physical activities as needed, or try some of the activities listed above.
- Always get foot injuries examined right away.
- When active for awhile, make sure to take a break and check your feet.



Check your feet daily for sores or wounds.

Medications and your safety

Are you taking medication for your blood pressure? Check with your health care provider to find out.

You can still be physically active, but you will need to follow a few safety steps:

- 1) Stay cool. Your medication may make it harder for your body to cool itself when you are active. Keep your body cool by:
 - ✓ drinking lots of water while being active
 - ✓ being active in the morning or evening when it is cooler (if the weather is hot or humid)
 - ✓ decreasing the intensity (how hard you push yourself) and/or the length of time you are active when the weather or workout location is hot or humid
- 2) Your medication may affect your blood sugar levels. This may make you feel a bit light-headed. If you feel light-headed or dizzy:
 - ✓ stop your activity, or slow down
 - ✓ take a glucose tablet, or eat a piece of candy
 - ✓ do not resume your activity until you feel well

General Safety Tips

Here are some general safety tips to keep in mind when you are active.

- Always warm-up and cool-down.
- Listen to your body and take breaks as needed.
- Drink water before, during and after physical activity.
- Wear your Medical Alert/ID bracelet.

Remember:

Aerobic physical activity can help you manage and improve your diabetes. But make sure you stay safe and have fun when being physically active.

Healthy weight and physical activity

Many of us know that having a healthy body weight is important for our health.

However, we also know that managing our body weight is not easy. The good news is that regular physical activity can help you reach and keep a healthy weight.

This handout will explain:

- how much physical activity you should do; and
- how physical activity can help you to manage your weight.

How much physical activity should I do?

Aerobic activities are best when it comes to managing your weight.

Aerobic activities are the kinds that work your heart and lungs, such as walking, cycling, jogging, cross-country skiing, and swimming.



Aerobic activities are best when it comes to managing your weight!

The table below describes your physical activity “**prescription.**”

Aerobic Physical Activity	
How often?	<p>Aim for <i>150-250 minutes of aerobic activity per week.</i></p> <p>This could be achieved by:</p> <ul style="list-style-type: none">• shorter sessions: 10 minutes, 3 times/day• longer sessions: 30 or more minutes/day, 5 or more days/week
How hard?	<p>Try to work at a <i>moderate-to-vigorous</i> intensity.</p> <p>This means:</p> <ul style="list-style-type: none">• your heart beats faster• your body will feel warmer• you may begin to sweat lightly• your breathing is deeper and faster
What aerobic activities would you like to do?	

When you begin a new activity, do it at your own comfort level.

As you become used to doing the activity, you can slowly increase:

- **how long** you are active
- **how often** you are active
- **how hard** you work

Physical activity and managing your weight

The food you eat and your eating habits are very important to weight management. However, physical activity can also help!

Physical activity helps you to:

- use more energy (burn more calories);
- lower stress and improve how well you sleep;
- improve how your heart works; and
- increase your overall strength.

There are three steps to managing your weight:

- 1) Stopping weight gain
- 2) Losing weight
- 3) Maintaining weight loss

Stopping weight gain

Before you can lose weight, your first step should be to focus on stopping *further weight gain*.

It is important to find out *why* you have gained weight. Talk to your health care provider about this.

Changing your diet and being more physically active can help you to stop gaining weight.

Myth: If I am more physically active, I can eat what I want.

Fact: It takes a lot of physical activity to “burn off” what we eat. For example, it takes about:

- 1 hour of walking to “burn off” a can of pop.
- 7 hours of walking to “burn off” a typical fast food meal (a burger, fries and a pop).

Losing weight

It's best to lose weight slowly. A healthy weight loss is no more than two pounds per week.

Talk to your health care professional about setting a healthy weight loss goal.

Did you know that physical activity by itself does not always lead to weight loss?

Make sure healthy food and healthy eating habits are part of your weight loss plan. Talk to a dietitian to learn about any changes you could make.

Physical activity helps you to:

- keep your energy levels high;
- use more calories; and
- build your strength.

Staying at your new weight after weight loss

To avoid regaining the weight you lost, stay active!

- Find activities you enjoy and can easily do.
- Get your family and friends involved. Being physically active with others can help keep you motivated.
- Be active at times and places that work for you and that fit easily into your life.
- Continue to make physical activity and healthy food choices a part of your life.

Fact: People who remain physically active on a regular basis after they lose weight are more likely to stay at their new body weight.

Remember:

- Regular physical activity can help you reach and keep a healthy body weight.
- You will see many other benefits from being more active.
- Keep it fun! Make fun physical activity a lasting part of your life.

What is one thing you can do *today* to start being more active?

Get your family and friends involved. Being physically active with others can help keep you motivated.

