

How to fit physical activity in your daily life ?

Schedule 20 minutes of exercise per day in your calendar.

Try exercising early in the morning before you get busy.

Create accountability partner by committing to exercise with someone else.

Most importantly, choose an exercise that you really enjoy.

Do a workout at home.

BOUGER POUR UN CERVEAU EN SANTÉ

MOVE FOR A HEALTHY MIND



EXERCISES TO DO AT HOME !

- When you go shopping, park at the far end of the parking lot and walk briskly to the shops.
- Think about whether you need the car, or whether you could walk or ride your bike instead.
- When you go get the mail, take the opportunity to take a 3mins walk
- When you go empty the trash go for a 5mins walk
- Get off the bus one or two stops earlier than usual, and walk the rest of the way.
- While waiting in line, balance on one foot for a few seconds, then the other.
- While talking on the phone, stand up and do a few leg raises.
- When you brush your teeth, do 10 squats.
- While watching television pedal on a stationary bike.

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DO YOU WANT TO MOVE ?

Move for a healthy brain

ABOUT GETTING ACTIVE

It's so easy to put exercise and activity at the bottom of your long to-do list. But being active is one of the most important things you can do, each day if you can, for good health.

While you may not be able to reduce time for other commitments, you might try to squeeze short bursts of activity or snack movements into your life because every bit helps.

You're likely to have more success at including exercise into your life if you:

- Choose activities that appeal to you
- Learn an exercise or two you can do quickly and easily for days when have no free time
- Create a realistic exercise plan for your lifestyle and routine.
- Do it with music



What are the benefits of getting active ?

BEING ACTIVE PROVIDES BENEFITS FOR YOUR MIND, BODY AND WELLNESS

BENEFITS ON YOUR MIND

- Boost your concentration and alertness
- Reduce your risk of cognitive impairment as you age

BENEFITS ON YOUR BODY

- Make your bones and muscles stronger
- Helps you improve your cholesterol
- Lowers your blood pressure
- Improve your immunity
- Reduce your risk of heart attack
- Helps you manage your weight
- Helps you sleep better

BENEFITS FOR YOUR WELLNESS

- Improve your mood and help give you a positive outlook on life
- Make you happier and healthier