

## Your prescription for physical activity

For \_\_\_\_\_  
(name)

**For your health and well-being, add more physical activity to your daily life.**

### How much effort? (intensity)

- Light
- Moderate
- Vigorous

Stop and rest if any activity is painful or makes you feel dizzy.

### How long? (duration)

- At least 30 minutes a day
- 30 to 45 minutes a day
- 45 minutes a day

Add 5 to 10 minutes for warm-up and cool-down

### How often? (frequency)

Be active 4 to 7 days a week. Start slowly and build up.

Mix it up. Include 3 types of physical activity each week.

### Endurance

- Continuous movement that make you warm, breathe deeply and your heart beat faster.

### Strength

- Effort against resistance such as lifting weights or using an elastic exercise band.

### Flexibility

- Gentle reaching and stretching.

### Based on knowing your health:

You can choose any activity you like. Examples are walking, swimming, gardening, dancing, yoga or climbing stairs.

I do not recommend these activities:

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Physical activity effort	How you will feel
Very Light	Comfortable, could maintain pace all day long Can talk easily
Light	Comfortable, but starting to feel warm Breathing a bit harder, but can still talk easily
Moderate	Moderate effort with noticeable increase in heart rate Can talk easily, but can't sing a song Starting to feel warm
Vigorous	Quite an effort with elevated heart rate Can talk, but with difficulty and slight breathlessness Feeling very warm

## Get active where you live,

Physical activity can be done anytime, anywhere! Explore where you live. Halton has many safe beautiful places to get active. Here are some ideas to add to your daily/weekly routine.

- ◆ Skating
- ◆ Tennis
- ◆ Aerobics
- ◆ Gymnastics
- ◆ Yoga
- ◆ Walk to school
- ◆ Pilates
- ◆ Play in the park
- ◆ Attend a special event
- ◆ Cycling
- ◆ Hiking
- ◆ Swimming
- ◆ Soccer
- ◆ Dancing
- ◆ Mall walking

Sources: *The College of Family Physicians of Canada's "Physical Activity and Health Strategy"* [www.cpf.ca](http://www.cpf.ca)  
*Massachusetts Medical Society* [www.massmed.org](http://www.massmed.org)

## Need help? Contact:

- ◆ Active Halton [www.activehalton.ca](http://www.activehalton.ca)
- ◆ Dial 211 for Community Services
- ◆ Halton Region Health Department
- ◆ Your workplace fitness/active living coordinator

For more information on how to build physical activity into your life, get your free copy of Canada's Physical Activity Guide to Healthy Active Living by calling **905-825-6000 x 7887** or at [www.paguide.com](http://www.paguide.com)

Funding provided by:



Connecting providers, engaging and inspiring Halton residents to get active.