

7 TIPS FOR STAYING PHYSICALLY ACTIVE ALL YEAR LONG

1.

SET SMALL, SHORT-TERM GOALS

You may be dreaming big, but to be successful and stay motivated, it's best to **set yourself simple, realistic short-term goals**.



2.

SET A SCHEDULE

Any time of day and most locations are great places to exercise. One way to stay on track is to **figure out in advance the best time of day** to do an activity and mark it in your agenda.



3.

FIRST AND FOREMOST, HAVE FUN!

Choosing activities that suit your tastes, preferences and personality is key.

- For someone who's more motivated when they're exercising with someone else, a two-person activity (e.g. badminton) or a group activity (e.g. walking group) can be stimulating.
- For someone who prefers outside activities, indulging in the great outdoors is rejuvenating.

4.

ASSESS YOUR NEEDS AND CAPABILITIES

By choosing a physical activity suited to your needs and capabilities, you can **exercise at your own pace and enjoy it**. There are as many types of activities as there are needs. Overdoing things can lead to feelings of discouragement.



5.

FIND OUT ABOUT LOCAL RESOURCES AND USE THEM

Even though fitness classes or training at a fitness centre can help motivate you and make exercising more enjoyable, they're not essential. **There are plenty of affordable ways to exercise.** By being creative and using minimal fitness equipment, young people and families can have fun at home, in the park and at various public and community facilities. **Choosing a location that's close to home, school or work allows for quick, easy and regular access.**



6.

PUT TECHNOLOGY TO WORK FOR YOU

For some people, **technology tools can boost their motivation to exercise, and to keep it up on a regular basis.** You can also use these tools to measure and track your progress toward your goals. Here's some of what's available: pedometers, fitness-tracker watches or bracelets, mobile apps, certain game consoles, etc.

7.

MAINTAIN CONSISTENCY

When it comes to fitness, regularity throughout the year is the key to success. Although the weather and what we do change with the seasons, it's important to stay active all year long.

