

SMART TIPS FOR Moving More

BEEN INACTIVE FOR A WHILE?

- Start out slowly
- Choose moderate-intensity activities you enjoy the most
- Build up time spent doing the activity gradually
- Vary your activities, for interest and range of benefits
- Explore new physical activities
- Reward and acknowledge your efforts

IT'S SUMMER

- Drink lots of water before, during and after physical activity.
- Wear loose, lightweight and light colored clothing.
- Choose a cooler time of the day, early morning or evening.
- Allow yourself plenty of cool down time.
- Wear sunscreen and sunglasses to protect from sun.
- Exercise indoors if temperature and humidity are very high.

IT'S WINTER

- Dress in layers so that you can remove or put back on as needed.
- Wear a hat to minimize the body heat lost from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during and after exercise.
- Wear sunscreen and sunglasses to protect from damaging rays reflected by snow.

