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.