

PHYSICAL ACTIVITY

DO YOU KNOW HOW MUCH PHYSICAL ACTIVITY TO GET IN A DAY?



Pay attention to where you get most of your activity and how hard you are working.

- Moderate activities like brisk walking or bike riding will cause you to sweat a little and breathe harder.
- Vigorous activities such as jogging, circuit workouts or cross-country skiing will cause you to sweat and be 'out of breath'.
- When are you the least active during the day? Could you fit some activity here?

TAKE CARE
OF YOUR
EQUIPMENT