

PHYSICAL ACTIVITY

5 S.M.A.R.T. GOALS TO GET MORE ACTIVE

1



Do you feel you have no time to be active? Try this goal: walk briskly for 10 minutes every day this week.

2



Need some support to get active? Try this goal: go for a walk with a buddy for 15 minutes 2 times this week.

3



Want stronger muscles? Try this goal: do 15 minutes of activity 2 times this week that strengthen my muscles and bones (e.g. weights, exercise circuit, yoga).

4



Do you watch too much television? Try this goal: replace 30 minutes of time in front of the TV or computer with 30 minutes of physical activity 2 times this week.

5



Want to add variety to your physical activity? Try this goal: be physically active for 20 minutes 2 times this week (e.g. brisk walking, jogging, skipping, circuit workout).

BONUS: Are you already very active? Challenge yourself! Try this goal: be physically active for 45 minutes 4 times this week (e.g. brisk walking, jogging, bike riding, swimming).

TAKE CARE
OF YOUR
EQUIPMENT