PHYSICAL ACTIVITY

SCHEDULE YOUR ACTIVITY IN - COULD IT WORK FOR YOU?

Having trouble fitting in your 30 minutes a day or 150 minutes a week? Try scheduling it in – treat it like an appointment so you won’t miss it.

Here’s how someone else fits in their activity:

5:00 am  Wake up & Shower
5:30 am  10 minute circuit
5:45 am  Breakfast
6:00 am  Shift
5:00 pm  Shift end
5:10 pm  15 minute walk on treadmill or skip rope
5:30 pm  Shower
6:30 pm  Dinner
7:30 pm  5 minute circuit while watching TV

TAKE CARE OF YOUR EQUIPMENT

WoW is made possible through financial support from the Canadian Partnership Against Cancer, Heart and Stroke Foundation of Canada and Health Canada