

Thanks a Billion!

WELL AWARE

Get Ready, Get Set, MOVE!!!



Have you ever started an exercise program only to quit within days or weeks? If you answered yes, you're not alone. It's common for those new to exercise to set unrealistic goals, to over-do it, to quickly tire of their routine, or to become discouraged when results are slower coming than anticipated.

The good news is that there are steps you can take to motivate yourself right off the couch and help you make regular exercise part of your life — for good!

1. Set goals

Start with simple goals that are realistic and achievable. If you haven't exercised in a while, a short-term goal might be to walk for ten minutes once or twice a day. A mid-term goal might be to walk for 30 minutes three or four times a week. A long-term goal might be to complete a **5 km walk**.

2. Make it fun

Find sports or activities you enjoy, then vary the routine. Exercise is a privilege and is to be enjoyed. When it's fun, you'll want to do it again!

3. Make physical activity part of your daily routine

Schedule workouts as you would any other important activity...like a meeting. Where possible, make it part of your day. Can you walk the kids to school or walk to work? Can you cycle to the bank? Can you walk while your son plays soccer? *Remember that little changes add up.* Take the stairs, stretch while watching the news, and **park as far from the mall as you can** and walk the rest of the way.

4. Put it on paper

Write it down! Recording your daily physical activity can help you work toward your goals and reminds you that you're making progress. Record what you do each day as well as for how long.

5. Join forces

Invite friends or co-workers to join you when you exercise. Work out with your partner or other loved ones. Play soccer with your kids after dinner, take a walk at lunch, or sign up for a dance class with friend. Many people find it easier to stay motivated with company.

6. Reward yourself

It's okay to reward yourself every once in a while — such as when you've achieved your long-term goal. Some new tunes, a pedometer, a funky new gym bag... just a few suggestions!

7. Be flexible

If you're sick, have been caring for sick children, pulled an all-nighter to study or meet a deadline, or are simply feeling the need for a break, take a day off and return to your routine as soon as you can.

Aerobic Activity

You all probably know how great aerobic activity is for your heart, body and mind. After all, regular cardio exercise will reduce body fat, boost mood, decrease total cholesterol, lower resting heart rate, and improve heart and lung function. Aerobic activity causes a person's heart to beat faster than usual. Aerobic physical activity has three components:

- Intensity - how hard you work doing the activity. The main intensities are moderate intensity (equivalent in effort to brisk walking) and vigorous intensity (equivalent in effort to running);
- Frequency, or how often you do aerobic activity;
- Duration, or how long you do an activity in any one session.

The fantastic news is that cardio doesn't have to take forever and it doesn't have to be at the gym--nor does it

have to include running or other high-impact activities. There are hundreds of cardio options out there. The trick is picking a few that you like and then doing them intensely enough to count as cardiovascular exercise.

How does one particular thing go from "activity" to "cardio?" It just has to meet two principles:

1. The first is intensity: It only counts as cardio when you elevate your heart rate into an aerobic zone - 55% to 85% of your maximum heart rate. You can calculate your target heart rate by finding your sitting rate and multiply. Simply check your pulse during any activity to find out if your activity counts as exercise.

2. Second is time: For any activity to count as cardio, it has to last at least 10 minutes per session. Shoot for a minimum of 10-20 minutes per session, building up to a full hour over time. And remember, time can be cumulative, so 10 minutes here and there throughout the day is a perfectly fine and convenient way to squeeze in your cardio!

For best results, do at least 3 days of cardio—with no more than 2 days off between per week. As you get stronger, you can work up to doing cardio 5 to 6 days a week. Anything from the list below that meets the intensity and time guidelines above can count as aerobic exercise! Find your favorite activity and do it!

At The Gym

1. Elliptical trainer
2. Stair stepper (Stairmaster)
3. Stationary or recumbent bike
4. Jacob's ladder (climbing treadmill on "The Biggest Loser")
5. Arm ergometer (arm cycle)
6. Rowing machine
7. Circuit training
8. Treadmill walking or running
9. Kettlebells
10. Interval training
11. Box jumps
12. Step ups
13. Plyometrics

Household Chores

14. Vacuuming
15. Scrubbing floors
16. Cleaning the bathtub
17. Washing windows
18. Mopping
19. Changing sheets
20. Painting
21. Heavy renovations
22. Moving furniture
23. Raking
24. Gardening
25. Cleaning the gutters
26. Washing the car
27. Mowing with a push mower
28. Shoveling snow
29. Sweeping the patio and walkways
30. Cleaning out the garage
31. Heavy landscaping such as planting

The Great Outdoors

32. Cycling
33. Hiking
34. Snowshoeing
35. Downhill skiing
36. Cross-country skiing

37. Water skiing/Wakeboarding
38. Ultimate Frisbee
39. Rock climbing
40. Jogging / Running
41. Power walking (brisk walking)
42. Rollerblading
43. Paddling a canoe
44. Nordic walking
45. Surfing
46. Paddle boarding
47. Swimming
48. Water jogging/running
49. Skateboarding
50. Bleacher running
51. Ice skating

Sports

52. Tennis
53. Flag football
54. Hitting balls at the driving range
55. Soccer
56. Hockey
57. Basketball
58. Lacrosse
59. Boxing
60. Martial arts
61. Kickboxing
62. Karate

63. Jiu-jitsu
64. Racquetball

Group Classes

65. Spinning
66. Step aerobics
67. Jazzercise
68. Zumba
69. Bootcamp
70. Power yoga
71. Dance classes - Salsa
72. Cardio kickboxing
73. Hi-lo floor aerobics
74. Water aerobics
75. Gliding
76. Hip hop dance
77. Sports conditioning
78. CrossFit
79. Krav Maga
80. StrollerStrides or StrollerFit
81. Turbokick

Play Time

82. Walking the dog
83. Playing with your children
84. Dodge ball
85. Tag
86. Hooping (hula hooping)
87. Obstacle courses
88. Jump rope
89. Water games in a pool
90. Playing with your dog
91. Skipping
92. Hop scotch
93. Taking the stairs
94. Jumping jacks
95. Trampoline jumping (rebounding)

Anything that raises your heartbeat works!



Fitness Facts

There are all sorts of crazy fitness facts floating around out there. Some are things you've heard so many times they just seem like common sense and you don't really think about them. Others seem to be kind of out there, but when you look into them they actually turn out to be helpful tips.



1. Laughing really is *Good* for you!

It's fun so why wouldn't it be? But seriously, laughter has been shown to reduce Cortisol levels - a hormone that is linked to stress which weakens the immune system, increases blood sugar and can negatively affect bone density and the reproductive system. So lighten up, laugh a little and maybe strengthen your body in the process.

2. Muscle doesn't weigh more than fat!

Even though we all say it, we may need to explain it. Which weighs more? A pound of rocks or a pound of marshmallows? The answer is that they both weigh the same - a pound is a pound. Same thing goes with muscle and fat, the difference is that muscle is denser, or less volume for the same weight. So if you want to lose inches and tighten up, trade fat for muscle! Muscle tissue requires more energy from your body than fat; leading to an increase in your metabolism! So, to boost your metabolism and change your body composition, it's best to gain lean muscle tone. .

3. Sitting = Weight Gain

Its common knowledge that it's unhealthy to be a couch potato but it's not just trading a training routine for TV that's hurting you. Sitting actually weakens muscles and burns far fewer calories than standing. Also, since you aren't using your largest muscle groups (legs & core) when sitting your metabolism slows down and makes it harder to burn calories even when you are active. We know that many of you have to sit a lot at work, so mix it up with some light physical activity every hour or so. Don't let those calories you aren't burning add up!

4. Stretching – when is it best?

Stretching is important, but there is a lot of confusion about the best ways to do it. You should always warm up before you stretch, stretching cold muscles can increase the risk of injury. Do a quick warm up before stretching pre-workout. For best results stretch thoroughly after your workout to improve blood flow to muscles for quicker recovery and promotes longer, leaner muscle

tone. 'Dynamic stretching' before your workout and then using the foam roller before & after is a suggestion.

5. Exercise Improves Brain Function

We all know that exercise has physical benefits, but did you know it's good for your brain? Regular workouts can improve your mood and alertness. It also makes for clearer thought which improves mental performance. Basically, working out is a natural way to stimulate your nervous system!

6. Music Improves Workouts :)

We love to listen to music when we workout, but besides being fun, putting on a playlist can actually make your workout more effective? Research shows that people who workout to music exercise with more intensity and are less likely to quit early!

The Best Workout Songs Ever

1. Eric Prydz – Call on Me
2. Bryan Adams – Run To You
3. Survivor - Eye of the Tiger
4. LCD Soundsystem - 45:33
5. The Prodigy - Firestarter
6. Bruce Springsteen - Born To Run
7. Talking Heads - Life During Wartime
8. Eminem - Lose Yourself
9. Icona Pop - I Love It
10. Spencer Davis Group - Keep on Running
11. Abba - Dancing Queen
12. Donna Summer - I Feel Love
13. Van Halen – Jump
14. NOFX - The Decline
15. Tina Turner - Simply the Best
16. Pink – Raise Your Glass
17. Adele – Rolling In The Deep
18. Maroon 5 – Moves Like Jagger
19. LMFAO – Party Rock Anthem
20. Journey – Don't Stop Believin'
21. Kelly Clarkson – Stronger(What Doesn't Kill You)
22. Black Eyed Peas – Pump It
23. Bon Jovi – Livin' On A Prayer
24. Outkast – Hey Ya!
25. Eminem – Lose Yourself
26. Kenny Loggins – Footloose

Prevent Injury

Increase Physical Activity Gradually Over Time

Scientific studies indicate that the risk of injury to bones, muscles, and joints is directly related to the gap between a person’s usual level of activity and a new level of activity. The size of this gap is called the amount of overload.

Creating a small overload and waiting for the body to adapt and recover reduces the risk of injury. When amounts of physical activity need to be increased to meet the Guidelines or personal goals, physical activity should be increased gradually over time, no matter what the person’s current level of physical activity.



Ten Steps to Moving at Work

1. Walk with a colleague, walk with a client

Invite a co-worker to join you for a walking break, meeting or appointment. Walking and talking can open up new conversation topics and create strong bonds.

2. Choose a fitness friend

Being accountable to someone else often makes it easier to fit fitness in. Set up specific times to walk together or to try out new activities like a yoga class.

3. Sit up straight

Sound too simple? Actually, sitting up straight and tightening your stomach muscles makes a big difference in your posture (it helps prevent back pain too!).

4. Walk while you wait

Waiting for the train or the bus? Walk around the station or up and down the block. Waiting for an appointment? Stroll down the hall or around your office.

5. Stretch your body (and your mind)

A few good stretches can help relax your body and clear your mind. You can stretch while working at a computer, while talking on phone or just for the fun of it!

6. Reward yourself with an activity break

Take an activity break whenever you can. After working diligently at your desk, take 5- 10 minutes to hand-deliver a file, set up a meeting in person or walk to the copier.

7. Plan a regular walking route

Some people love a routine. Map out a regular route (or routes) inside and/or outside, so you can get up and get moving, without having to think about it at all.

8. Use your legs for errands

Need to go to the bank, the post office, the dentist or the hairdresser? Need to deliver some papers to a colleague? Use your legs to walk (or bike) there and back.

9. Become a “stair master”

Think you need a fancy machine for your backside? Think again! Build beautiful legs and thighs for free. Just take the stairs (up and down) whenever you can.

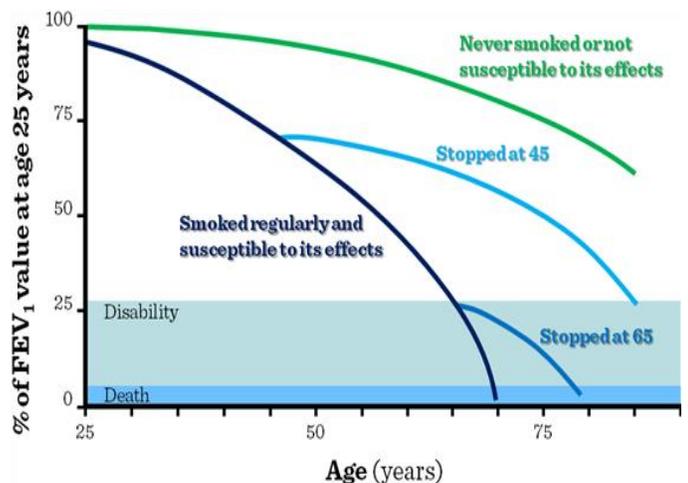
10. Explore your workplace options

Do you always use the same restroom, the same water fountain and the same route to your office? Enjoy a few extra steps by using facilities that are farther away!

Time to QUIT

Every province in Canada has free, confidential service programs to help you stop smoking and using tobacco products. You only need one reason to quit and you don’t have to do it alone!

Follow the link and select your province for more information: [www.healthy Canadaians.gc.ca/healthy-living-vie-saine/tobacco-tabac/quit-arretez-eng.php](http://www.healthy Canadians.gc.ca/healthy-living-vie-saine/tobacco-tabac/quit-arretez-eng.php).



(FEV1 = A calculated measure of the average persons’ lung capacity based on the first second of breath expiration).