


How can I get motivated?


✓✓ Every minute of physical activity is good for your health



✓✓ Physical activity may improve your mood right away



✓✓ Think about your mood before and after physical activity. What do you notice?



✓✓ Try an activity journal to see change over time



How can you get **your** 150 minutes?

150min

.....

.....

.....

What if ...?

● I'm too tired:



Physical activity will give you more energy and help you sleep better.



● Physical activity is boring:



Choose activities you enjoy, vary your routine, find a partner or group to be active with.



● I don't have time:



Make an "activity appointment" with yourself, use a stretch band while you are watching TV, meet a friend for a walk instead of a meal.



● I'm not motivated:



Start with 5 minutes of activity, once you have started, you may want to keep going. Work up to blocks of 10 minutes or more.



*With information from the Canadian Diabetes Association;
Canadian Society for Exercise Physiology;
National Alliance on Mental Illness*

Fully affiliated with the University of Toronto



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when it matters
MOST

PR 47180 (2016/03/22)

Your Activity Prescription for Mental Health



Improving your
mental health through
physical activity



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How is physical activity good for my mental health?

- ✓✓✓
1 Less stress 
- ✓✓✓
2 Higher self-esteem & confidence 
- ✓✓✓
3 Lower anxiety 
- ✓✓✓
4 Lifts mood 
- ✓✓✓
5 Fewer symptoms of schizophrenia 

How can I be physically active?

You can be physically active by making small changes in your everyday life

Aerobic activities

- ✓✓✓
● Get off the bus early and walk 
- ✓✓✓
● Dance to your favourite music 
- ✓✓✓
● Climb the stairs 

These are examples of **aerobic activities** – you move the same large muscles over and over to improve heart and lung health

Strength

- ✓✓✓
● Carry groceries in a basket 
- ✓✓✓
● Use a stretch band 

These are examples of **strength activities** - you lift, push, or pull a weight

How much physical activity should I be doing?

Adults should do:



- ✓✓✓
● At least 150 minutes every week spread out over the week. You should sweat a little and breathe harder. You may even sweat a lot and feel out of breath.

..... and



- ✓✓✓
● Strength activities on 2 days of every week using big muscles