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? 150 min

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

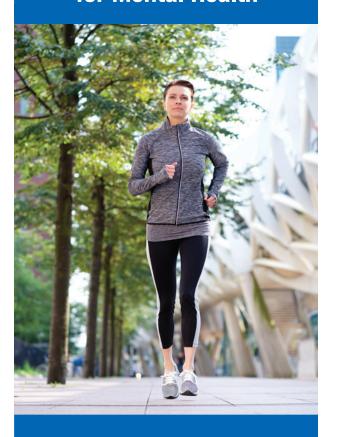
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when it matters MOST

PR 47180 (2016/03/22)

Your Activity Prescription for Mental Health



Improving your mental health through physical activity



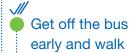
How is physical activity good for my mental health?



How can I be physically active?

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

Aerobic activities





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



2 days





Canadian Physical Activity Guidelines