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

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.

How can you get your 150 minutes?

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

Canadian Physical Activity Guidelines