

Are YOU Ready to Make a Change to get YOUR PERFECT BODY? Learn How!

Canadian Physical Activity Guidelines

As a minimum standard, Canadian adults should:

- Get 150 minutes of moderate (e.g., brisk walking, light yoga) to vigorous (e.g., jogging, high interval training) physical activity per week in bouts of at least 10 mins or more.
- Do strength training for all muscle groups at least 2 times per week.
- Focus on vigorous activities to increase muscle mass or to get a more toned body.

Resources you may be interested in!

Canadian Physical Activity Guidelines: visit: www.csep.ca

Free Online Interval Training
www.bodyrock.tv

Free Online Exercise Guide
www.muscleandfitness.com

What are your WEIGHT LOSS or BODY IMAGE goals?

Image

Pick an Activity that Will Help You Get the RESULTS You Want!

- *Spend more time burning calories and less time consuming calories at lunch.
- *Choose a friend who will push you to get the results you want.
- *Find people who share your appearance goals.
- *Pick activities to target your “problem” areas.

Set S.M.A.R.T. Goals Today

Make sure your goals are Specific, Measurable, Adjustable, Realistic, & Time-based.

Example Goal: I want to lose 5 lbs by June so that I can look great for bikini season.

Post a picture of your perfect body in a visible spot to remind yourself of your goal!