

Time to get moving: 10 minutes to change your life

Physical activity can be a lifesaver – literally. It is one of the best things you can do for your health. Physical activity can cut your risk of heart disease and stroke in half!

You're in control – by taking ten minutes a few times a day to get active, you could change your life.

Why should I be active?

Being active helps lower your risk of heart disease and stroke because it can:

- ✓ Lower your cholesterol levels
- ✓ Reduce your blood pressure
- ✓ Help to control type 2 diabetes
- ✓ Keep your weight at a healthy level



All of these things can reduce your risk of heart disease and stroke.

You will start to feel the benefits within one week.

Getting started:

If you're not active now, don't worry, you don't have to suddenly embark on an Olympic-training program. You can begin with small changes and build your momentum, until one day you can really push it. Start with walking and climbing stairs.

What can I do?

Strength:

- ✓ Carrying groceries or toddlers
- ✓ Heavy yard work
- ✓ Weight training

Flexibility:

- ✓ Stretching
- ✓ Yoga
- ✓ Housework
- ✓ Golf

Endurance:

- ✓ Dancing
- ✓ Walking
- ✓ Cycling
- ✓ Skating

Time to push it:

As you get stronger, you can work harder. The harder you work, the harder your heart works and that is good for your health.

The goal: at least *150 minutes* of moderate to vigorous physical activity per week, in bouts of 10 minutes or more. The activity doesn't have to be non-stop. You can do 10 minutes or more at a time throughout the day to reach your daily total.

For example:

- ✓ Take a brisk 10-minute walk during lunch,
- ✓ Play for 10 minutes with your kids after work,
- ✓ Spend 15 minutes walking the dog

If you're short on time, remember that any physical activity is better than none. However, the more active you are the greater the health benefits.

The bonus: physical activity will give you more energy and help you cope better with your busy week.

Walking

If you can't do anything else, start walking! Walking is easy, fun and provides instant benefits. It's the body's natural movement that is virtually injury-free. Walk around the block, in the mall or down the hall in your building. Join a walking group or start your own – walking is a great way to socialize too.

The Heart and Stroke Foundation needs generous public donations to continue to produce materials like this, and to fund the research that helps thousands of people each year. To donate, go to heartandstroke.ca/donate

For more information on other 10 Minute Challenges to reduce your risk of heart disease and stroke, visit our website at heartandstroke.ca.

Time to get moving: Your 10 minute challenge

Take ten minutes every day for a week to write down when you're active. Remember – every ten minutes of activity counts.

You're in control – by taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and lower your risk of heart disease and stroke.

Day	Type of activity	Time spent in minutes
1		
2		
3		
4		
5		
6		
7		



Were you active every day? Yes No

Did anything stop you from being active?

Were most of the activities you did gentle or more energetic?

What do you need to do to work up to 150 minutes/week of activity that makes you feel warmer, breathe harder and make your heart beat faster than usual?

Set yourself a goal that helps you move towards a healthier heart. Put a number to it and choose a date to complete your goal.

Example: I will eat walk the dog 4 times a week in March.

Target Date: ___/___/___