

1

GET INTO A ROUTINE

2

PICK A TIME AND  
A PLACE

3

LIMIT SCREEN TIME

4

RECORD YOUR ACTIV-  
ITY AND SHARE WITH  
A FRIEND

5

TRY A VARIETY OF  
AT-HOME OR SOLO  
PHYSICAL ACTIVITIES

# 10 WAYS TO GET ACTIVE



Build activity into your day with some tips from the Public Health Agency of Canada.

Experiment with one thing from the list this week.

What will it be?

**WE** Well-being

6

SET A GOAL

7

JOIN A VIRTUAL  
EXERCISE GROUP

8

MAKE A PLAN

9

SPREAD ACTIVITY  
THROUGHOUT  
THE WEEK

10

REMEMBER, EVERY  
STEP COUNTS!