

# Making a physical activity plan



Sometimes becoming more physically active can be hard.  
If you feel this way, you are not alone!

One way to make it easier to get started, is to make a physical activity plan.

This handout will take you through the steps to make your own plan.

## Step 1: think about the 5 W's:

**WHY, WHAT, WHERE, WHEN** and **WHO**. Read the questions below and write your answers in the space provided.

*Talk to your health care provider about activities that are best for you.*

**WHY** is physical activity important to you?

  

**WHAT** type of physical activity(ies) do you want to do?

  

**WHERE** would you do the activity(ies)?

**WHEN** can you be active?

**WHO** can I be active with?

## Step 2: write out your physical activity plan

Here are some sample physical activity plans. Write your own plan in the space provided.

### Sample plan #1

<b>WHY</b>	More energy; help to control my weight.
<b>WHAT</b>	Walking.
<b>WHERE</b>	Near my home and work.
<b>WHEN</b>	To/from the public transit stop daily (about 10 minutes). After supper every evening for 20 minutes.
<b>WHO</b>	By myself to/from public transit. With family members in evenings.

### Sample plan #2

<b>WHY</b>	My health; meet new people.
<b>WHAT</b>	Aqua class.
<b>WHERE</b>	Community pool.
<b>WHEN</b>	Tuesday and Thursday, right after work.
<b>WHO</b>	By myself, but hopefully meet others in the class.

### Sample plan #3

<b>WHY</b>	Sleep better; feel stronger.
<b>WHAT</b>	Fitness video.
<b>WHERE</b>	At home.
<b>WHEN</b>	Weekday mornings, before work.
<b>WHO</b>	By myself.

### My physical activity plan

<b>Decide on your five W's</b>	<b>Write your plan here</b>
<b>WHY</b>	
<b>WHAT</b>	
<b>WHERE</b>	
<b>WHEN</b>	
<b>WHO</b>	

## Step 3: adding detail to your plan

The questions below will help you add more details to your plan.

How much time will you need for your activity?

Do you need special clothing or equipment?

What can you do to prepare for poor weather?

What are some problems you may run into when carrying out your physical activity plan?

What are some ideas to solve your problems?


## Tips to help you start being active and stay active

- Ask your family and friends to support you.
- Find out about easy, fun ways to be active in your area.
- Find out which activities you can do at work or nearby, such as a fitness club or park.
- Talk to your health care provider about activities that are best for you.

**Remember:** Often, taking the first steps towards more physical activity can be hard. The key is to develop a plan!

Once you have a **plan in place** you will find it easier get started, and begin working towards your physical activity goals.

Action Step: What is **one thing** you can do today to make this plan happen?

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