

Making a physical activity plan



Sometimes becoming 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.

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

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.

WHY is physical activity important to you?

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

This handout for adults will take you through the steps to make your physical activity plan.

WHERE would you do the activity(ies)?

WHEN can you be active?

WHO can you be active with?

Step 2: Write out your physical activity plan

Here are some sample physical activity plans. Write your own plan on the following page.

Sample plan #1

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

Sample plan #2

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

Sample plan #3

- WHY** Sleep better; feel stronger.
WHAT Fitness video.
WHERE At home.
WHEN Weekday mornings, before work.
WHO By myself.

Ask your family and friends to support you.



My physical activity plan

Decide on your five W's and write your plan here.

WHY

WHAT

WHERE

WHEN

WHO

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 healthcare 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?

- Topics in this toolkit:
- A. Taking the first step: deciding to be physically active
 - B. Making a physical activity plan
 - C. Setting goals for physical activity
 - D. What stops you from being physically active?
 - E. Benefits of physical activity
 - F. Physical activity and your blood pressure
 - G. High blood pressure safety
 - H. Physical activity and Type 2 diabetes
 - I. Diabetes safety
 - J. Healthy weight and physical activity
 - K. Physical activity and anxiety
 - L. Anxiety safety
 - M. Physical activity and chronic heart failure
 - N. Chronic heart failure safety
 - O. Physical activity and stroke
 - P. Stroke safety
 - Q. Physical activity and Parkinson's Disease
 - R. Parkinson's Disease safety
 - S. Physical activity and dementia
 - T. Dementia safety