

## **Helping you Achieve Healthy Blood Pressure through *Physical Activity***

### **Set a Goal for Yourself**

Goal setting increases motivation and facilitates behaviour change. Remember to set SMART goals: Specific, Measureable, Attainable, Realistic, Timely.

### **Identify Potential Barriers and Ways to Overcome Them (ideally before they arise!)**

An important part of becoming active and maintaining physical activity habits is to acknowledge barriers that may arise and prevent you from doing your activity.

Some of the following techniques might help:

- Write it down! Document on your schedule/calendar what time and days you plan to perform specific activities.
- Join a group or exercise with friends/family! Social support strengthens commitment.
- Break up activity into 10 minute bouts throughout the day.
- Use everyday activities as opportunities to become more active (take the stairs instead of the elevator; walk or bike somewhere instead of drive).
- Set small, achievable goals to start.
- Track your activity with a fitness tracker.

### **Local Programs/Resources to Help Get You Started**

- **Walking outside with or without walking poles (FREE!)**
- **Kinburn Fitness Classes - Adults 55+ (FREE!)**  
Classes available (Sept-May) Mondays and Thursdays, 10:00 am – 11:00 am  
Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn.
- **Exercise Classes Open to the Public 65+ (FREE!)**  
For more information or a listing of all exercise classes, call 613-310-2222 or visit:  
<http://www.champlainhealthline.ca/libraryContent.aspx?id=20516>
- **Kanata Park Run – Run or Walk (FREE!)**  
Parkrun is a free, timed, 5k run (or walk) that takes place weekly with events happening all over the world! Kanata has joined this worldwide community, offering the run every Saturday at 9:00 am at the Beaver Pond Trail. The event is free, but participants must register before their first run in order to be timed. It's just you against the clock, so come join whatever your pace! For more information, visit: <http://www.parkrun.ca/>
- **Join a gym or public pool (\$)** – City of Ottawa facilities offer passes to visit their facilities 3 times within 30 days for FREE
- **Hiking (Carp Hills/Gatineau) FREE!... best done with a buddy**
- **Better Strength, Better Balance**  
Beginner level exercise and education program for adults aged 65+. Call Ottawa Public Health 613-580-6744 or visit: <http://www.ottawapublichealth.ca/en/public-health-topics/better-strength--better-balance--exercise-program.aspx>

**Take home points!**

- ▷ Set a physical activity goal for yourself (SMART goal)
- ▷ Start off with a small goal (10 mins of brisk walking a day is a great start)
- ▷ Build slowly adding 5-10% per week, as tolerated
- ▷ Do something nearly every day
- ▷ Break up sedentary periods with activity
- ▷ Monitor your activity levels (journal or fitness tracker)
- ▷ Limit sedentary time (stand rather than sit, if possible)
- ▷ Use everyday activities as opportunities to become more active (take the stairs instead of the elevator; walk or bike somewhere instead of drive)
- ▷ Find an activity you enjoy to ensure lasting changes!
- ▷ Do it with friends – increases enjoyment and accountability
- ▷ Have fun!

**Listen to your body! While the goal is to increase activity, it is important to make sure we are doing it in a safe way. Stop exercise if you experience any of the following:**

*Severely out of breath*

*Dizzy*

*Tightness in chest (pain or pressure)*

**Recommended Video – Motivating you to become more physically active**

23 ½ hours (video by Dr. Mike Evans)

<https://www.youtube.com/watch?v=aUalnS6HIGo>