

30 Days of Fitness

If you're trying to find or maintain balance, remembering to do the small things can have a big impact on your health and wellness. Whether a beginner to physical activity or a pro at the gym, follow along these 30 Days of Fitness tips and work towards a healthier you! At the end, reflect on what works best for you and commit to making them part of your regular routine.

Share your own fitness tips and wellness journey using **#AHSwhatsyourbalance #30DaysofFitness** on social media.



SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1 Set SMART (Specific – Measurable – Achievable – Relevant – Timely) goals. Know exactly what you're trying to achieve so you can celebrate when you get there!</p>
<p>2 Find a workout partner – it's a great way to ensure accountability and stay motivated.</p>	<p>3 Cleaning? Just need to relax? Dance to your favourite tunes – this will also help improve your mental health.</p>	<p>4 Need a car to get around? We get it. Try parking a little further away and add some extra steps in your day.</p>	<p>5 Challenge yourself to take the stairs more often instead of the elevator. Challenge: Add a floor every week!</p>	<p>6 Do you have a fitness membership? Use it! Book your exercise time the same way you would book a meeting to ensure you stay accountable.</p>	<p>7 Remember those days when exercise was fun? It still can be! Try basketball, hopscotch or jumping rope.</p>	<p>8 Binge watching your favourite show? Take a break in between episodes and get some fresh air by walking around the block or try jogging if you can't wait to press play!</p>
<p>9 Not a fan of exercise? Pair it with something else you're not a fan of, say dishes and calf raises.</p>	<p>10 Check out community groups in your area, many have free fitness classes for all ages. It's a great way to get active and meet someone new in your neighbourhood.</p>	<p>11 Physical activity goes beyond the gym. Activities like gardening and raking leaves are a great way to be active right at home or in your own community.</p>	<p>12 Try something new! Change up your routine – this will activate new muscles and inspire you to mix-it-up more frequently.</p>	<p>13 Break up your daily activity. Walk for 15 minutes on your lunch break or try 10-15 minutes on different equipment in the gym.</p>	<p>14 Wear proper footwear. Whether hitting the gym, running or cycling, or even walking through the park, make sure you have the proper support to avoid injury.</p>	<p>15 Physical activity looks different to everyone – as it should! Everyone starts somewhere, and progresses at a different rate. Do what is right for your body!</p>

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<p>16 Don't overdo it and remember to rest! Being active is important, but so is ensuring your body has time to rest and recover.</p>	<p>17 Fuel your body. Staying hydrated and maintaining a balanced diet helps keep your mind and body energized – ready for your next move!</p>	<p>18 Get rolling! Dust off that bike seat or find a pair of roller blades and start cruising through your neighbourhood or local park! Don't forget your helmet and water bottle.</p>	<p>19 Ask for advice. Whether you're a beginner to exercise or a pro athlete, there is always something to learn – don't be afraid to ask for help!</p>	<p>20 Track your progress. Use the Wellness Scorecard to keep track of your goals. Want photo proof? Snap some pictures and reflect back to see how far you've come!</p>	<p>21 DYK house work contributes to being physically active? Chores like vacuuming stairs or scrubbing down the bathroom are great ways to squeeze activity into a busy schedule.</p>	<p>22 Exercise is more than fitness – it's about overall health and wellness. Nutrition, mental health, sleep and fatigue all contribute to achieving or maintaining a healthy body and lifestyle.</p>
<p>23 Explore! Take advantage of local or provincial parks. Choose from paved pathways, or rugged terrain for the more experienced.</p>	<p>24 Change it up. If you usually grab a coffee with a friend, invite them to try a fitness class with you or go for a stroll while you sip on your cup-of-jo.</p>	<p>25 Not a fan of group workouts? Try some at-home workout videos through various apps, YouTube or even an old workout video!</p>	<p>26 Challenge yourself to train for a run or a walk in your community: a 5K, a 10K, or even a half or full marathon!</p>	<p>27 Live near a rec centre? Head over and check out the variety of activities to help get you moving!</p>	<p>28 Try some fun ways to get fit: biking, soccer or swimming. You won't even know you're getting fit!</p>	<p>29 Next time you intend to leave your house, instead of driving, walk to your destination. Take in the local scenery and community as you travel.</p>
<p>30 Try walking meetings! Instead of sitting in a board room, ask your team to take a walk to energize your mind and body. You may come up with your best idea yet!</p>	<p>Join the conversation, and be inspired to think about your wellness!</p> <p>Share what balance looks like to you, using #AHSwhatsyourbalance on social media. Or visit ahs.ca/whatsyourbalance to download the Wellness Scorecard to get started on your path to finding balance.</p>					