

# Thriving Through Motion Activity

Our minds and bodies are connected, so staying active is crucial for both physical and mental health. Aim to be active every day, reduce sitting time, and maintain good sleep habits. Incorporate exercises that focus on endurance, balance, strength, and flexibility.

Even small changes, like replacing sitting with light activity or swapping light activity for something more vigorous, can make a big difference. Any movement is better than none. Start slow, go at your own pace, and seek professional support or guidance if needed.



## HOW TO GET STARTED:



### Dress for the Weather

Prepare for the conditions—whether it's rain, cold, or sunshine. Grab some water and head outside.



### Start with a 10-Minute Walk

Walk briskly for 10 minutes at a pace slightly faster than usual. You should still be able to hold a conversation.



### Adjust to Your Comfort

If 10 minutes is too long or too short, start with a time that feels right for you. Gradually increase your time each week. Remember to drink water.



### Try Other Activities

If walking isn't for you, try something else like gardening, lawn bowling, pickleball, or tai chi—anything that gets you moving.

## BENEFITS OF STAYING ACTIVE:



**Reduce Stress:** Regular activity decreases stress and negative emotions while promoting positive feelings.



**Boost Energy:** Physical activity increases your energy levels and helps you sleep better.



**Lower Health Risks:** Staying active reduces the risk of certain health conditions and improves overall bone health.



**Prevent Falls:** Regular exercise can lower your risk of falls and enhance balance.



**Enjoy Nature:** Being outside helps you cope with stress, boosts your energy, sharpens focus, and improves your mood.



## BUILDING CONNECTIONS

Invite a friend or neighbor to join you. It's a great way to stay motivated and enjoy the outdoors together.



# 14-Day Activity Tracker

**Track Your Progress:** Use the tracker below to mark off each day you're active. Write down how long you were active to see your improvement over time.

MONTH:

DAYS:

**EXAMPLE:**

**01**  
DAY

*Walked in the park near my apartment*

*10 min*

**01**

DAY

**02**

DAY

**03**

DAY

**04**

DAY

**05**

DAY

**06**

DAY

**07**

DAY

**08**

DAY

**09**

DAY

**10**

DAY

**11**

DAY

**12**

DAY

**13**

DAY

**14**

DAY

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit their website at **[www.mb.211.ca](http://www.mb.211.ca)** for confidential service 24/7.



**Way to go!** You are well on your way to increasing your wellness



Winnipeg Regional  
Health Authority

Office régional de la  
santé de Winnipeg

Mental Health & Addictions  
Recovery Services

**[wrha.mb.ca](http://wrha.mb.ca)**