

Spring into Action

Do you have more “spring” in your step at this time of the year? It’s hard not to when the weather gets warm. It is motivating to see people out walking, jogging and bike riding.

If you haven’t done a lot of physical activity over the winter, I strongly recommend that you start slow. Warm your body up to the idea of exercise. Try a light work-out then see how your body feels the next day. Learn to listen to your body and it will tell you if you are working at a good level of exertion. The following scale is an easy way to measure your “perceived level of exertion” during exercise:

- 1 = too easy
- 2 = a bit challenging
- 3 = challenging
- 4 = very challenging
- 5 = too much

Self-monitoring how hard your body is working can help you adjust the intensity of the activity by speeding up or slowing down your movements. You need to challenge your body, at least a bit, to get results.

You have to find the right pace for you, a pace that challenges but remains fun. Be realistic...we are all different. Don’t try to keep up with someone else. Be proud of what you can do and the fact that you are committed to improving your health.

In the spring, a lot of people are motivated to get active, because they want to look good in their summer clothes: tank tops, shorts and bathing suits. Yes, exercise will improve your self esteem and will make you look and feel great. Remember though, that the vast majority of the population does not have a perfect body. Exercise for fun and fitness, not only to burn calories. Wear what you want today and feel good about yourself.

I can’t stress the “fun” part enough either. If you want to lead a healthy active lifestyle for the rest of your days, you will have a tough time sticking with it if you don’t find an activity that you enjoy and that works with your schedule.

If you are new to exercise, try a group activity with people just like you...people who share the same interests. Pilates, Yoga, Core and Stretch, Aqua Fitness, Fit at 55+, Mom & Baby, Boot Camp, Pump, Bike and Hip Hop classes are just a few examples. Or perhaps you’d prefer to work alone under the guidance and motivation of a personal trainer. Schedule activity into your weekly routine, then it just becomes a good habit.

Exercise benefits mind, body and spirit. I hope you find a motivating fun activity that “springs you into action”. Stay focused on your goals. Maintain a balance: eat well, rest well, exercise and enjoy life. You deserve it.

The Family Leisure Centre is a great place to sweat, laugh, visit, relax and learn. You are invited to visit and have a look around (11150 Bonaventure Drive SE) or visit our website www.goflc.org. Activities listed in the article are offered at the Family Leisure Centre (plus many more...nutrition guidance and motivation is also available to help with weight management goals).