



**PRESCRIPTION**  
TO GET ACTIVE

# Getting started 6 week guide

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New to activity?

This guide will get you started. It is easier than you may think and a little activity goes a long way!



# Goals of your program

This program is designed to help you get active and to provide you support.

It gives you an activity plan to follow each week for six weeks.

It will help you plan what days of the week you can commit to activity, how many minutes to do and how much effort you should aim for.



*YOU* are the boss of your activity plan.  
*YOU* control how fast and how hard your activities are.

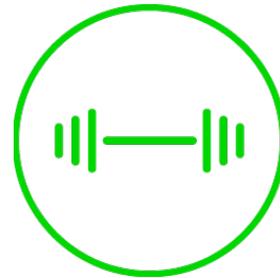
Whether you use this program to start walking, jogging, cycling or swimming, it will guide you through where and how to start.

# Medical Disclaimer

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- If you have any concerns because you haven't been active in a while, talk to your physician or healthcare professional before getting started.



- Mild soreness after exercise is normal after beginning a new routine.
- Take breaks when needed.
- Check with your healthcare provider if the soreness does not improve after two to three days.



- If you experience any pain or difficulty with these activities or symptoms of weakness, unsteadiness, light-headedness/dizziness, chest pain or pressure, nausea, or shortness of breath, **stop** and consult your exercise leader or healthcare professional.

# Choose an activity

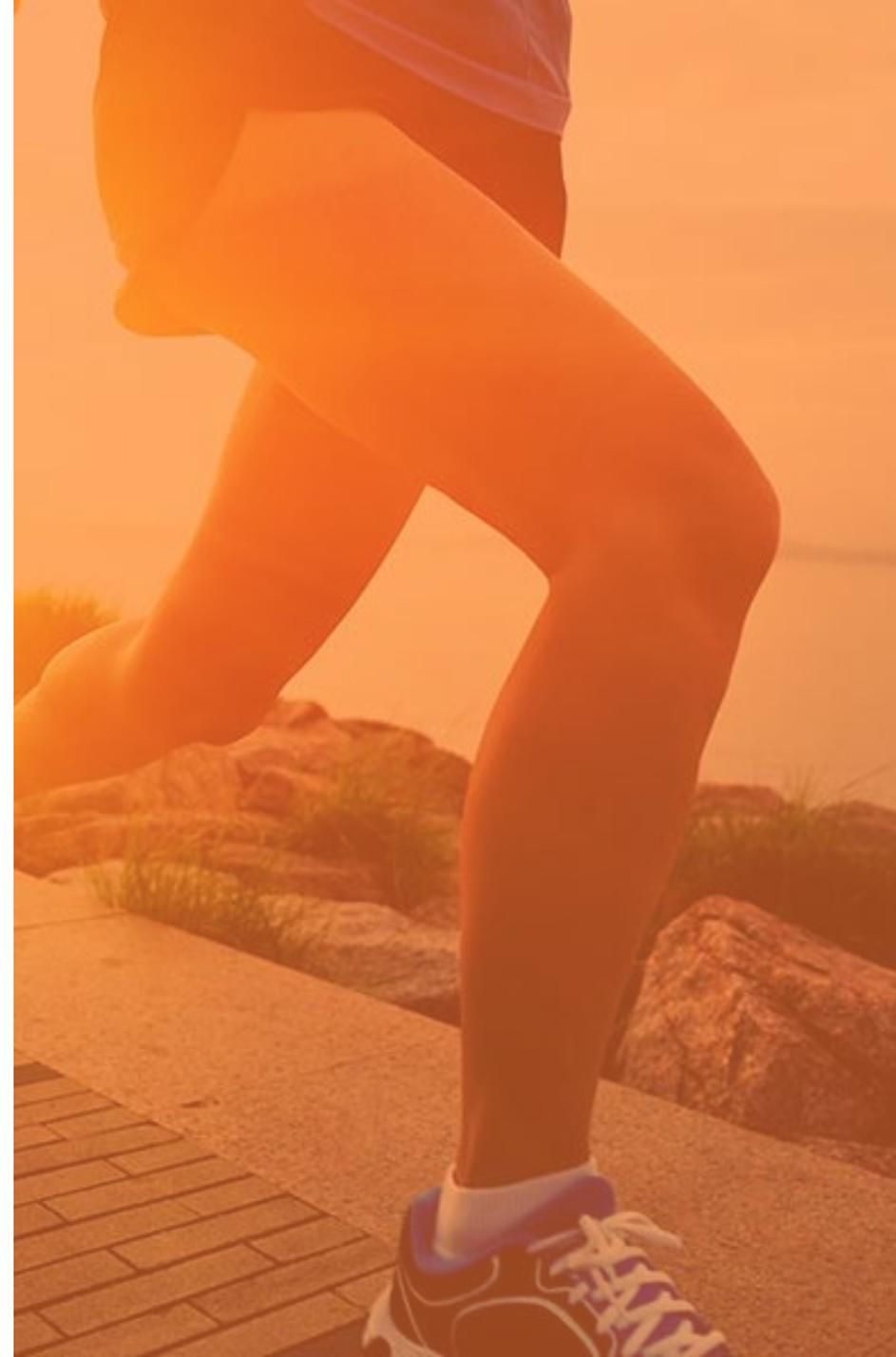
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Your first step is to decide how do you want to get more active?

What are you interested in? If you are not sure, why not just walk. It is one of the simplest and easiest ways to get started with activity. It is convenient, free and almost everyone can do it.

Next - Set aside specific times for physical activity in your schedule to make it part of your daily or weekly routine. Monday, Wednesday, Friday or maybe just a couple times of week.

Remember: anything is better than none, and you are still lapping anyone on the couch!





# Lets Warm Up

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## To Start:

- Do your planned activity, such as walking, but at a lower intensity (slower pace) for at least five minutes.

## The Benefit:

- A proper warm-up slowly increases blood flow to exercising muscle, protects your heart, and decreases joint pain and muscle soreness.



# Don't skip the cool down

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When you are done your activity session- you should always do a cool down before you end.

1. Doing a proper cool-down is important to prevent muscle soreness. Take breaks when needed.
2. To cool down, continue your activity at a slower pace for a minimum of five minutes. So if you were riding a bike, walking on a treadmill, slow your speed and continue for another five minutes.
3. Stretching after your cool down routine is ideal.

For some helpful hints, visit our website for stretching resources: [www.prescriptiontogetactive.com/activities](http://www.prescriptiontogetactive.com/activities)

# How hard should activity be?

- The most important part about getting started is that you work on your exercise consistency (number of times you exercise per week) before you should worry how hard your activity feels.
- A good guideline is that your warm up and cool down should feel “light”. (3 on a scale of 1-10)
- Your aerobic exercise (such as going for a walk) should feel “fairly light to somewhat hard” often described as “brisk” or (5 on a scale of 1-10)
- Stop or slow down if you feel any pain or discomfort.

**READY TO GET STARTED?**



**Week 1: Date:** \_\_\_\_\_ **to** \_\_\_\_\_



Goal for this week is to: Try to do this program 3 times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 5 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 15 Minutes- You Did It – Congratulations!**  
**If you complete this program 3 days this week, you will reach**  
**45 minutes of physical activity!**

**Week 2: Date:** \_\_\_\_\_ **to** \_\_\_\_\_



Goal for this week is to: Try to do this program 3 times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 7 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 17 Minutes- You Did It – Congratulations!**  
**If you complete this program 3 days this week, you will reach**  
**51 minutes of physical activity!**

**Week 3: Date:** \_\_\_\_\_ **to** \_\_\_\_\_



Goal for this week is to: Try to do this program 3 times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 9 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 19 Minutes- You Did It – Congratulations!**  
**If you complete this program 3 days this week, you will reach**  
**57 minutes of physical activity!**

**Week 4: Date:** \_\_\_\_\_ **to** \_\_\_\_\_



Goal for this week is to: Try to do this program 3 times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 11 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 21 Minutes- You Did It – Congratulations!**  
**If you complete this program 3 days this week, you will reach**  
**63 minutes of physical activity!**

# The Switch Up- add one more day this week

Week 5: Date: \_\_\_\_\_ to \_\_\_\_\_



Goal for this week is to: Try to do this program **4** times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 13 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 23 Minutes- You Did It – Congratulations!**  
**If you complete this program 4 days this week, you will reach**  
**92 minutes of physical activity!**

**Week 6: Date:** \_\_\_\_\_ **to** \_\_\_\_\_



Goal for this week is to: Try to do this program **4** times this week!

Time		Effort
Warm Up 5 Minutes	Start at a comfortable pace to warm up—just a light pace is all you need. Start with 5 minutes of light movement. HINT: a good idea is to start with whatever movement or exercise equipment you are doing for your workout, but at a slower lighter pace.	(Light)
Brisk 15 Minutes	Increase your pace slightly until you're working harder than your warm up pace. You should feel you're working slightly harder, but you should be able to carry on a conversation. This is your baseline pace. Remember: you are the boss, slow down if you need to. It is better to go longer than getting tired too quickly.	(Fairly light to somewhat hard)
Cool down 5 minutes	Decrease your speed or pace back to a comfortable level to cool down. This should feel just like your warm up, a nice slow, comfortable pace.	(Light)

**Total Workout Time: 25 Minutes- You Did It – Congratulations!**  
**If you complete this program 4 days this week, you will reach**  
**100 minutes of physical activity!**

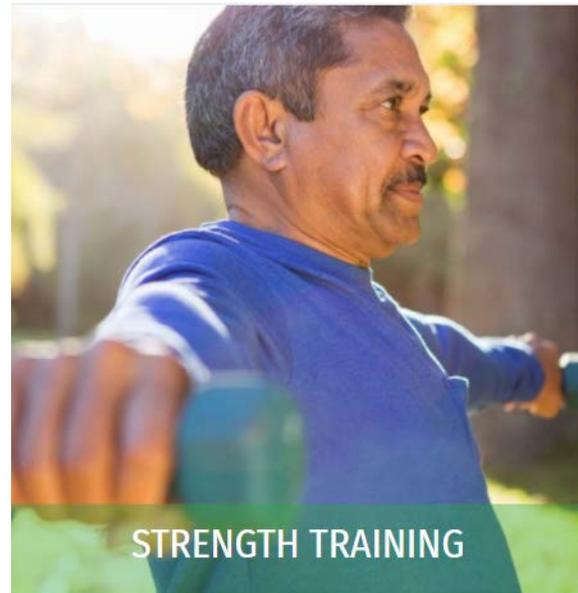
# What's next?

## Explore your options

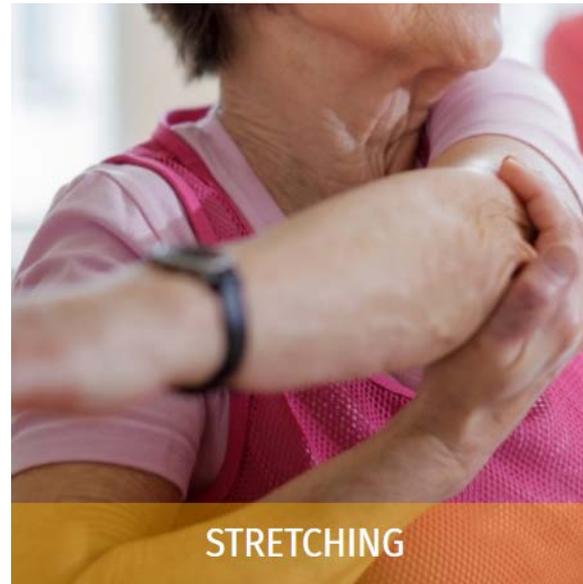
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Explore activities and resources to try new things and have some fun at [www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com).

Visit the facilities page to learn about recreation facilities that can offer you free access, guided tours and other fun programs.



STRENGTH TRAINING



STRETCHING



WALKING

Walking is one of the best forms of activity. It is easy, free and for everybody.