



HEART &  
STROKE  
FOUNDATION

## JANUARY HEART HEALTHY TIP

New Year, new you! Sound familiar? Here are some tips on how to jump start your new year's resolutions to be more physically active including fun winter activity ideas:

**Tip 1:** Start off slow and work up gradually. Work physical activities into your daily life in little ways and have a plan set out for each season which takes weather changes into account.

**Tip 2:** List the activities you like, and the benefits they give you. Then incorporate them into your routine!

**Tip 3:** Involve family and friends in your physical activity program for support and companionship!

**Winter Activity Suggestions:** Bowling, Dancing, Yoga, Sledding, Skating, Hockey, Skiing, Hitting the Gym etc.!

