

More tips about being active



- Always **warm-up** (before exercising) and **cool down** (after exercising). Start your warm-up or cool down with a few stretches to loosen up your muscles. Once you are able to walk for more than 10 minutes (see [how to increase your walking](#)), your warm-up and cool down should include 3 to 5 min of slow walking to let your heart rate rise and fall gradually.
- Do not hold your breath when exerting yourself (e.g. opening a heavy door, opening jars, straining during a bowel movement). This is hard on your heart.
- Wear loose, comfortable clothing and good walking or running shoes.
- Drink fluids before, and during, exercise to give your body enough water to safely exercise. If you have fluid restrictions, this fluid counts towards your daily total.
- Wait 2 hours, after a large meal or after drinking alcoholic or caffeinated beverages (coffee, tea or cola).
- Add new activities slowly. If you feel tired or sore the day after starting a new activity, you may be pushing yourself too hard. You can try the activity again at a slower pace or try an activity that uses different muscles for a few days.
- Avoid outside activities in extreme weather, as extreme temperatures can be hard on your heart. For example, don't exercise outside when the temperature is lower than -8°C or higher than 27°C or if the humidex reading is higher than 39°C.
- If you can't walk outdoors because of the weather, you can walk in the house or go to a nearby mall. If you live in a high-rise building, you can walk in the hallway. You can also use a stationary bike at a low resistance or a treadmill set flat (no angle) and at a low speed.

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