

What is SWO *in motion* ?

Operating under the direction of the South West Area Recreation Guild (SWARG), Southwestern Ontario *in motion* encourages all residents for Chatham-Kent, Sarnia-Lambton and Windsor-Essex to join the physical activity movement! SWO *in motion* is designed to blend provincial, regional, and local resources together with community leaders to increase physical activity where we live, learn, work, and play.

Visit our website at www.swontarioinmotion.ca to keep you updated on new events in your community and to find out where you can get "*in motion*."



Looking to find out more about SWO *in motion*, contact us today!

Southwestern Ontario *in motion* Chairperson:

Ms. Amanda Smith MHK

Past Chair - SWARG

Ph: (519) 322-2337

info@swontarioinmotion.ca

To find a SWO *in motion* representative in your area, visit our website at

www.swontarioinmotion.ca

The first full week of October is *in motion* week. Join us in your community by participating in physical activities and get *in motion!*

*Congratulations to our 2010
Outstanding Community Partner
"The Municipality
of Leamington"*

Make your community next!



50 WAYS
TO GET
in motion



Presented by
Southwestern Ontario
in motion
Health Promotion Strategy



www.swontarioinmotion.ca

50 WAYS TO GET **in motion**

Everyday Activities

1. Avoid elevators and escalators – take the stairs
2. Watch 1 hour less TV per day
3. Get active with your kids instead of watching them play
4. Wear a pedometer and be more aware of moving around
5. Take an active vacation



6. Go for a bike ride after dinner
7. Go for family walks often
8. Rake leaves and shovel snow instead of using machines
9. Limit computer time



At Work

10. Keep comfortable walking shoes at your desk at work
11. Join or start a walking group
12. Take frequent stretch breaks
13. Exercise during lunch hour



14. Hold walking meetings
15. Participate in a charity walk or event with your co-workers

Walking

16. Walk the dog
17. Walk to do errands
18. Go for a walk after dinner
19. Walk while you are on the telephone
20. Walk to the park
21. Park further away in store parking lots
21. Walk indoors at a mall during cold or rainy weather
22. Walk around the arena or field while your child is playing sports



Time Management



24. Exercise in the morning
25. Ride your bike to work or the store
26. Exercise while watching TV or reading (e.g., treadmill or stationary bike)
27. Exercise at home with a DVD

Activities to get you *in motion*



28. Join a sports club or take up an active hobby
29. Dance
30. Go ice skating
31. Join a walking or running club
32. Play soccer

33. Go bowling
34. Join a Yoga or Pilates class
35. Join a gym
36. Take an active class with your local Parks and Rec department
37. Train for a half or full marathon
38. Play tennis
39. Go tobogganing in the winter
40. Try bird watching or hiking



Helpful tips

41. Get active with a neighbour, friend, or family member
42. Find someone who inspires you
43. Reduce time spent doing sedentary activities
44. Avoid the drive-thru and get out and walk
45. Play music when doing housework
46. Get up and move at least once every 30 minutes
47. Try new activities often
48. Participate in activities you enjoy
49. Consider meeting with a coach or personal trainer to get started
50. Set goals and reward yourself when you achieve them

