

It's Your Move!

You have everything you need to be more active every time you look in the mirror – you! You don't need special equipment, fancy gyms, or special clothes. If those things motivate you, then that's fine; but it isn't necessary to have them to get moving.

Waiting until you have the “right” time/place/gear is just another trick we play on ourselves to put off doing something.



What are your real reasons for not being active enough?

There are likely a few reasons that play a regular role in sabotaging your efforts. This doesn't mean the excuses like, “It's raining today” or “My favorite show is on”; we mean the deeper reasons you really avoid exercising (e.g., “I think people are looking at me” or “I'm afraid I'll get hurt”). Everyone's reasons are different and personal.

**Make a list of your top 3 reasons and don't worry if they sound silly or embarrassing
- be brutally honest.**



This is only for your eyes!

I choose not to be more active because:

Reason 1:

Reason 2:

Reason 3:

Now look at each of those reasons and think about what you'd tell someone you care for about overcoming them – then apply it to yourself because you are someone you care about!

Think of a real solution for each one that will get rid of these roadblocks:

Solution 1:

Solution 2:

Solution 3:

This is your contract with yourself.

Look at this solution list every day and use it to motivate you, and to use as a checklist when you hear that little voice using those reasons to throw a wrench into your activity plans!

How Much Activity Do I Need?

The Canada Activity Guidelines recommend that adults should aim for at least 150 minutes of activity per week. It may sound like a lot, but that's all added up, and the only thing to remember is to do the activities that count toward the total in chunks of 10 minutes or more. And the idea is to do something every day or on most days, not do 2.5 hours in one day and then remain inactive for the rest of the week! Always check with your physician before starting any exercise program.

What Type of Activity “Counts”?

Any time you can choose activity over inactivity is a good move! Choosing to walk rather than drive, stretching or lifting light weights while watching TV, picking the stairs over the elevator...all of these increase your activity level. For the recommended 150 minutes/week, the suggested activities fall into the categories of “moderate” and “vigorous”. Try to do a variety of types that help build your endurance (so you can tackle a flight of stairs without getting breathless), flexibility (keeps you limber to be able to reach and bend for what you need), and strength (to be able to carry a bag of groceries or lift a box).

The box below gives some suggestions.

Intensity	Feels Like	Examples
Light	More effort than being still, but not especially challenging	Strolling/light walking Dusting/vacuuming Gardening Stretching
Moderate	Causes you to sweat a bit and breathe a little harder	Brisk walking Biking Raking leaves Swimming/aqua fitness Dancing/certain types of yoga
Vigorous	Causes you to sweat more and be more “out of breath”	Aerobics Jogging Fast dancing Uphill hiking Most competitive team sports (hockey, basketball, etc.)

To add in the strength and flexibility parts:



Strength

Lift some weights while watching TV (a couple of cans of corn or filled water bottles will do if you have no light dumbbells) to help build your arm strength; do some squats (look them up on the internet for correct form) or push-ups during commercials (start with one and work up from there!).



Flexibility

Stretching after any activity will help keep you limber. Try to do stretches that work all your muscles (legs, back, arms).



What Can I Do?

If you've been inactive for a while, start slowly. Introduce more activity daily, but don't go all-out. The all-or-nothing mindset doesn't set anyone up for success; going too hard, too soon is more likely to make you not enjoy it and may even cause you to abandon it. But do be realistic! Expect some soreness as your muscles wake up. You may be stiff for a few days after you add a new activity or increase your effort, but don't be discouraged – be proud. It means your body is being challenged, which is exactly what you want!

When?

- **You can introduce activity any time** – parking farther away and walking to work, dusting while you watch TV, etc. 150 minutes can add up quickly – a brisk walk at lunch, an evening stroll after dinner – as long as it's a minimum of 10 minutes at a time, most days of the week, then you're on track!

Why?

- **Being more active is good for your health; but it also feels good.** The blood flows, energy levels increase, the more you do, the more you will be able to do. Not only will it help you get stronger, it can also boost self-confidence and self-esteem, and can lift your mood. When you feel good, you look good, and vice versa!

What?

- **Your best bet is to choose activities you enjoy.** Learn some dance moves on the internet and try them out at home. Do you need a “purpose” to motivate you? Try walking or biking to do your errands, or plan to do a charity fitness walk and work toward that. Bring along a pair of gloves and a bag, pick up trash, and clean up the neighbourhood as you walk. Do you like to take photos? Find a new spot to explore on weekends and on longer spring/summer days and snap while you walk!

Where?

- Anywhere: from the comfort of your home, to outdoors, to the mall – **the whole world is your gym!** Many parks have fitness stations with different activities to challenge you. If you need the structure of a class environment, there are many low- or no-cost activities offered in many local community centers or schools. Join a walking group – there are some groups associated with running equipment stores that range from short- to long-distance walking, as well as introductions to running.

Who?

- If you prefer to be active on your own at first or just because that's your style, then that's fine! Some people find it motivating to have a workout group or buddy. Do whatever it takes for you to stick to your plan.

How?

- Either daily or weekly, look at your schedule and see where you'll add those blocks of 10/20/30 minutes. If you are squeezing in the activity during work hours, make sure you have a pair of comfortable shoes and some disposable wipes to freshen up with if you are uncomfortable with the thought of sweating a bit during work hours. **Eliminate the possibilities of excuses for not being active.**



Mind Shift



From here

"It isn't worth the effort to be more active because I'm so out of shape."



To here

"Never trying makes this a vicious cycle of not taking steps to get in better shape so I remain the same. Everyone has to start somewhere, and I will start here, right now!"



How to get there

Realize that one thing is certain: holding on to a the same pattern will give you the same result. If you resolve to begin right now to add more activity into every day, then you can't help but improve. Choose doing something, today and every day!

Are there days you'll have a setback? Of course! But all is not lost – you have a brand new chance every day to make a better choice. Talk to your healthcare professional or a **CONTRAVE Support Program** nurse counsellor to help get back on track!



Food for Thought

Remember that the goals you set with your healthcare professional combine both short- and long-term goals. Think of checking off those milestones as a way to get you to those long-term goals in manageable steps. You may not notice remarkable changes in fitness overnight; however, you may see small improvements quite rapidly (being able to walk a bit farther than you did last week, being able to climb stairs with less effort, doing 2 pushups instead of half of one, etc). Revisit that exercise where we weigh the pros and cons of not changing anything at all versus moving toward a healthier lifestyle.



Pro

By not taking the time to be active,
I can spend more time answering
emails, working, etc.



Con

I will not be following the weight
management treatment plan as prescribed
by my physician, since **CONTRA**VE must be
used along with increased physical activity.

By making activity as much a part of your routine as possible, it makes it less of an “intrusion”. It will – eventually – just be a part of your daily life, like showering, eating, and sleeping.



And speaking of sleeping, our next email will talk about the important relationship between sleep and weight management.

And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CNTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood)

CONTRAVE should be used along with a reduced-calorie diet and increased physical activity.

CONTRAVE should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.

Contrave **Support
program**