

Design Your Own Exercise Routine

You don't need to be a sports champion to enjoy physical activity. Most of us will find something we can do well enough to make it fun. What is your thing? Maybe you have never thought about it. The time has come! Talk to your physician to see if there are any activities that you should avoid (remember to ask why). Then choose something and **GO FOR IT!** You may need to try several games or activities before you discover something you like.

EXERCISE: *Make a list of your interests and physical abilities.*

For each interest you have listed do some research. What sporting activities, offered in your community, interests you? If you do have some physical restrictions - can the sport be modified for you?

My interests	My abilities	My risk factors

Collect a brochure or information package on each facility or program in your area.



My interest is _____

Who offers this: provincial/state program recreation centre sports teams/clubs

What days is the program offered? _____ What times? _____

How much does it cost? _____ How would I get there? _____

What are some exercises I could do daily at home to help prepare for the sport of interest?

Make a list and daily schedule _____
