



Video transcription

How can you start moving if you're not in the habit?

If you're not used to exercising, starting can seem hard, but it doesn't have to be. Here are some ideas to help you get going:

Start small

If you're not in the habit of exercising, it's important to start with easy activities. Begin with something simple, like walking for 10 minutes a day at a pace that feels comfortable. You can walk around your neighborhood, a park, or even a shopping mall. The key is to make it part of your daily life. Once it becomes a habit, slowly increase how long or how fast you walk. For example, try adding five more minutes each week or walk faster as you get stronger. The goal is to build a routine without pushing yourself too hard at first.

Incorporate movement throughout your day

You don't need a gym to stay active. You can find ways to move throughout the day. Try taking the stairs instead of the elevator, even if it's just one or two floors. If you take public transit, get off one stop early and walk the rest of the way. At work or school, take short breaks to stretch or walk for a few minutes. These small changes can make a big difference over time. For example, set a timer to remind you to stretch every hour.

Choose something you enjoy

The best exercise is the one you enjoy. If you like listening to music, put on your favorite songs while walking around the block or dancing at home. If you prefer calm activities, try yoga or tai chi to improve your flexibility and balance. If you enjoy adventure, cycling can be fun and effective. Try different activities until you find one you like. When you enjoy what you're doing, you're more likely to stick with it.

Do it with others

Exercising with others can make it more fun and motivating. Invite a friend, neighbor, or classmate to join you for a walk, a fitness class, or a sport. Having someone to exercise with helps keep you accountable—you're less likely to skip if someone is depending on you. Plus, exercising together is a great way to connect and encourage each other.

Some of the topics covered in these videos are sensitive. If you have questions related to health, well-being, laws, duties or rights, we recommend that you consult a specialist.



Be consistent

Consistency is key. It's better to do a little bit of exercise every day than to do a lot occasionally. For example, walking 20 minutes a day is better for you than running for an hour once a week and doing nothing the rest of the time. Try to create a routine that fits easily into your life, like exercising at the same time each day or doing it after another regular activity, such as going for a walk after dinner. Over time, being consistent will make exercise a normal part of your day.

How much physical activity do we need?

For adults, the World Health Organization (WHO) recommends:

- At least 2 and a half to 5 hours of moderate physical activity each week, like brisk walking or cycling.
- Ideally, do muscle-strengthening activities twice a week.

Why is physical activity an investment in your health?

Exercise is an effective way to prevent health problems. Regular exercise reduces the risk of long-term diseases and helps you live a healthier, more active life. Every little bit of movement helps—from walking more to doing simple exercises at home. The key is to find something you enjoy, be consistent, and take care of your health through movement. If you have health problems or want to exercise more intensely, talk to a health expert to make sure you're doing it safely and effectively.