

BLUEPRINT

to wellness

A QUICK GUIDE TO INCREASING MOVEMENT

Adding more movement to your day doesn't have to mean expensive gym memberships or long commutes. With some planning and creativity, you can build a sustainable, energizing fitness routine right from home.

Set up for *success*

- **Create a dedicated space:** Choose an area with at least 6x6 feet of open space and good airflow. This helps ensure safety and comfort during your workouts.
- **Set SMART goals:** Define Specific, Measurable, Achievable, Relevant and Time-bound goals to stay motivated and track your progress.
- **Stick to a schedule:** Consistency is key. Set aside specific times during the week for your workouts and make them a non-negotiable part of your routine.

Activities to try

Try some of these at-home options to get moving:

- **Yoga:** Enhances flexibility, balance and mental well-being. All you need is a mat and some space.
- **Pilates:** Focuses on low-impact exercises that strengthen muscles and improve postural alignment.
- **HIIT (High-Intensity Interval Training):** Short bursts of intense activity followed by rest periods — efficient and effective.
- **Dance workouts:** Fun and energetic routines that increase your heart rate and improve coordination.



Build a healthy *routine*

- **Smart small:** Even 10-minute sessions can make a difference. Gradually increase duration as you build stamina.
- **Change it up:** Variety keeps things interesting. Alternate between different types of workouts to engage various muscle groups.
- **Stay accountable:** Use workout apps or virtual trainers to keep you on track and motivated.
- **Listen to your body:** Rest when needed and avoid overexertion — recovery is an essential part of any fitness routine.

Build your Health Literacy toolkit with Saskatchewan Blue Cross — head to sk.bluecross.ca/healthysk for more health and wellness resources.