

Go for 42 Week 1

How do I get enough energy to be physically active? Many factors influence our energy level during the day: what we eat, how well and how long we sleep, our stress level, etc. It is important to assess our lifestyle to identify if there is anything that can be changed. If you feel too tired to exercise, reassess your sleeping habits. If you feel you do not have enough time in a day, reassess where you spend your time and evaluate if there is a way to be more efficient. If you feel you have no energy, re-evaluate your eating habits.

It is also important to remember that being physically active will give you more energy! With time, you will find it easier to exercise and it will become part of your routine.

Something important to realize is because of our sedentary lifestyles, being physically active is no longer natural for many people: it is something that has to be planned. It is also important to reserve time in your day specifically for physical activity. Find what works best for you. For some people, it is going to be first thing in the morning, for other people it will be last thing at night, for other it will be at lunch time... it all depends on your lifestyle, personality and other commitments you already have.

Start small and be realistic! If you are not active at all, it might not be realistic to have as a goal to walk 60 minutes daily. Walking 30 minutes, 3 times a week might be more realistic. It might even be to walk 10 minutes, twice a week! You can build up on where you start to get to the recommended 150 minutes of physical activity per week. And, .. **the most important thing: have fun!**