

# Home Exercise Program

There are many distractions that will compete with your best intentions to exercise. To make it rewarding, follow these basic principles:

1. Make exercise a regular part of your day.
2. Choose a set space to exercise, with all necessary equipment close to you.
3. Choose a **routine**, quiet **time** of day when interruptions will be limited.
4. Follow your exercise schedule to keep on track. The schedule can be changed to suit your lifestyle.
5. Do not get discouraged - it will take a few weeks for you to get your program established.

If exercising at home doesn't work for you, consider finding another place to do your exercise program, such as:

- Community centre in your area
- Seniors' centre
- Fitness or wellness centre
- YMCA or YWCA
- Shopping mall
- Parks or recreational facility
- Swimming pool
- Large department store

## Maintain an exercise record:

Keep an up-to-date record of your exercise program. Record the reasons for not exercising as planned (e.g. too short of breath, chest infection, painful joints, humidity, pollution). Bring this to any follow-up appointments you may have.

## Build a Support Network

Stay in touch with one or two friends you have made during your rehab program. Encourage and support each other by telephone, letters, e-mail or even video conference. If you live close to one another, try finding a place to exercise together. You may also find family and personal friends helpful with keeping you on track and motivated.