

Did you know

YWCA Hamilton can support you with your own personal fitness goals in support of Move More for Encore? We'll even help you track your movement!

Reach your weekly 150 minutes of exercise goal in three easy steps

STEP 1: Use the Movement Tracking Form or Strava App

STEP 2: Attend any of the fitness events found on the Calendar of Activities

STEP 3: Build a support circle around you, including check-ins, friends, or family

TOTAL = 150+ minutes!

Invite us to your virtual workplace to work out together

Reach out to the YWCA Hamilton Health & Wellness team to discuss Fit@Home, a program designed for companies interested in taking a pause during the day to work out together.

Go Ahead...

Have some fun with it.

Create a social media challenge:

Tag us using [#EncoreWarriors](#)

Challenge your colleagues, friends, family and followers and don't forget to follow us!

Facebook: [@YWCAHamilton](#)

Twitter: [@YWCA_Hamilton](#)

Instagram: [@ywcahamilton](#)

LinkedIn: [YWCA Hamilton](#)

150 Active Minutes Per Age Per Day

Infants (less than 1 year) - 30 min tummy time

Toddlers & Preschoolers (1-4 years) - 180 min energetic play

Children (5-17 years) - 60 min moderate to vigorous physical activity

Adults (18-64 years) - 10 min per day, up to 150+ minutes per week of moderate to vigorous physical activity, at least 2 days of muscle and bone strengthening

Older Adults (65+ years) - same as above, plus activities that enhance balance

visit csepguidelines.ca for more information

MAKING MOVEMENT FUN

- **Corporate Fitness Programs:** Check with your employer to see if they provide funding or access to fitness programming.
- **Virtual Fitness Programs:** Visit ywcahamilton.org to register for your virtual fitness pass.
- **Fitness Apps:** Download the Strava app and link it to your personal fundraising page.
- **Take it Outdoors:** Find the closest trail, or waterfall to you and visit with a friend and your camera.
- **Friendly Competition:** Challenge your friends to a contest or round robin tournament at the local park.
- **Host Your Own Yoga Night:** Invite your friends on 'Zoom' or 'Facebook' Live for a yoga class. Make it a fun yoga night from the comfort of your homes by including your pets.
- **14-day Self-Care Challenge:** Challenge yourself to reach a simple goal within two weeks (i.e. three workouts a week). Reward your accomplishments.
- **Social Media:** Link your personal or team fundraising pages to your 'Facebook,' 'Twitter,' 'LinkedIn' & 'Instagram'. Connect your fundraising goal to your movement goal and record videos to show your movement (i.e. \$5.00 = 5 push ups posted on social media).
- **Virtual Dance Party, Event or Concert:** Use 'Stagelt,' 'Netflix Party,' or 'Zoom' to host a dance party for friends.
- **Try Something New:** Try a new fitness class, or follow an instructional video on YouTube. Step outside your comfort zone and try classes you've always been interested in, but never had the courage to do.