

Activity & Motivation Tracker



Having trouble finding the motivation, time or energy to walk or wheel to your destination? Having trouble finding the motivation, time or energy to walk or wheel to your destination? Here's a list of ideas to help you overcome excuses and a Motivation Tracker to help you identify how active transportation can impact your daily routine.

UNMOTIVATED?

It's perfectly normal: at times, we all need a push. It's perfectly normal. At times, we all need a push. While walking, enjoy your favourite podcast or playlist. If cycling, do it with a buddy. Try different combos to figure out what gets you moving.

Buddy up! Schedule walking dates with friends.

Fold in your favourite causes. Wheel or walk for a charity of choice.

Reward-bundle. After completing a walk or bike ride, plan to enjoy a post-workout smoothie or an episode of your favourite TV show.

Think small. Set a sequence of micro-challenges. Finish one, feel accomplished, gain motivation to start the next.

NO TIME?

Work. Meetings. School. Extracurriculars. Family. Friends. Events. There's not much room in our busy schedules for exercise. Fortunately, we can double up by layering a walk or a bike ride into our in our everyday obligations.

Walk and talk. Plan an outing with friends or family that involves walking around a trendy neighbourhood or even a trip to the grocery store.

Listen and learn. Listen to an audiobook or podcast while you walk around the block.

Replace four wheels with two. Whether getting the kids to school or going to work, consider cycling. Depending on traffic, you may even get there faster!

TOO TIRED?

Big day, little energy? While curling up in the fetal position may seem tempting, the worst-kept secret is that we gain energy by expending it. Outdoor exercise is particularly energizing because of the fresh air and Vitamin D.

Beat the afternoon blues. Sitting in one place for a long time is exhausting. Break up your afternoon and head into the sunshine for a 10-minute walk or bike ride. Bonus: Exercise-induced endorphins will wake you right up!

Exercise = better sleep = better everything. It's a proven formula: folks who exercise experience better quality sleep. Sleep better, and wake refreshed with the energy you need for an active day.

End with exercise. A walk or wheel at the end of the day helps release the day's build up of stress and steam.

