

Activity Tips

When can you exercise?

You need to decide how exercise will fit into your daily schedule. Look at your usual routine and decide when you can fit in 10 - 15 minutes of exercise most days. By making exercise part of your daily schedule you're more likely to keep it going. Where possible, exercise with family or friends. Aim for 30 minutes of light exercise most days of the week.

As far as possible:

- try to exercise at the same time each day
- try to spread exercise out over the week
- don't exercise straight after meals or alcohol

Think about the things which might affect planning exercise to fit in your day:

- do you have more time in the morning or evening?
- do you have time on your way home from work?
- if it's winter, an indoor activity might be more attractive, but if summer, then it might be better to enjoy an outdoor activity
- if you enjoy walking can you think of an alternative if it rains?
- once you're at home and relaxed you might not feel like exercise, so doing it before you relax would be better

What do you need for exercise?

You're well equipped for most exercise - a set of arms and legs is all you need for most activities. Other activities may require special clothing and shoes.

Perhaps you already have equipment, which needs to be repaired, for example, the bike needs a new chain. Plan ahead for your new exercise routine and look for facilities in your area such as parks and swimming pools.

So which activity is for you?

Think about which activity is:

- most practical (think about available time, cost, your physical condition)
- most likely to be achievable (don't be too ambitious, at least at the beginning)
- going to be most enjoyable. If the exercise you've chosen is enjoyable and convenient you will probably find it's easier to keep going.

Set yourself a goal

Decide what exercise you want to start with and write down a goal to work towards. As your activity level increases you may want to change your goals.

Increase your level of activity every couple of weeks

This can be done by exercising:

- more often (eg walk four times a week instead of three)
- for longer (eg walk for 30 minutes instead of 20)
- with more effort (eg walk faster)

By increasing your activity level you're already improving your health

This leaflet cannot be completely comprehensive and is intended as a guide only. The information may change in the future. Visit relevant website for updates. If you have further questions you should raise them with your own doctor.