



How To Start Living And...

**BECOME
ACTIVE**



Our Top Tips to Help You Become Active

These Top Tips are designed to be used together with **How to Become Active** and the **Activity Diary**

However unfit you feel, it's never too late to start becoming active and you don't need to join a gym

- **Set yourself some short and long-term goals**, the success will give you a sense of satisfaction and further motivation to keep up the new lifestyle
- **Picture yourself achieving your goal**, not being out of breath playing with the kids, completing a local charity fun run, or fitting into smaller jeans/clothes and then imagine what it will feel like
- **Keep reminding yourself why you started exercising in the first place**, look for a photo of yourself when you were more active and put it in a prominent place
- **Try out different sports or activities until you find something you like**, such as a dance or an aerobics class, join a local team and make new friends with a common interest
- **Make plans for the weekend to include an activity**; this can be a good time to socialise with friends and family and be active without the same time pressures
- **Exercise improves your mood** and helps you think more clearly, reduces anxiety, stress and depression by releasing the body's own natural feel good hormones. Just remind yourself how good you'll feel afterwards
- **Exercise at home**. Work out to one of the computer fitness games or try a fitness DVD. Get a different one out from the library each week for variety
- **Work with a personal trainer**, if you have any existing injury or fitness concern, a fully qualified trainer could help design a specific plan for you
- **For people in their 60s and over the key activity needs are for mobility and flexibility**, so a mix of activities is important for men and women alike to keep up their suppleness, strength and stamina
- **School age children need an hour or more physical activity every day** to help develop strength, endurance and flexibility
- **Get yourself a Pedometer**: This small device clips onto your waistband and counts your steps. A great motivator to help increase your daily activity

The difference between try and triumph is just a little umph! – Marvin Phillips