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Working Towards Wellbeing

Getting active and taking exercise- think it through and make a plan

How much activity or exercise should I do in a day?

It's healthy to be active and on your feet for most of the day, with frequent rests to ensure you don't get too tired. See the W2W information sheet 'Sit Less Move More'

Use a step counter pedometer to count your daily paces. Aim to increase your steps by 200 per day towards a goal of 10,000 steps per day

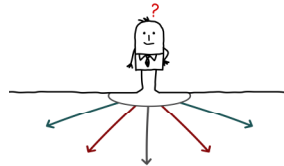
Try to do 30 minutes of activity on 5 days out of 7 that gets your heart beating faster and makes you slightly out of breath with activities such as walking, or cycling.

Do regular sport or exercise 2 or 3 times a week such as keep fit classes, yoga, pilates, swimming, dance, tennis or cycling

Macmillan have made a free CD you can pick up from Boots with 3 exercise programmes you can do at home called

Get Active Feel Good

Get Activity guides from NHS Livewell website www.nhs.uk/livewell/getting-started-guides



Are you thinking about getting more active or starting an exercise programme? It can be helpful to consider 3 things

- ◆ How important is this to you?
- ◆ How confident are you that you can achieve it?
- ◆ Is the time right for you – are you ready to make a change?

If it's not important just at the moment, you lack confidence or the time is not right you may not succeed. Wait until the time is right and get some help to work out an action plan that will work for you. This will give you a far higher chance of starting an exercise programme, sticking to it and reaping the benefits.

It helps some people to write a list of pros and cons about exercise. Ask yourself the following questions:

- ◆ Is it worthwhile?
- ◆ Why should I?
- ◆ How will I benefit?
- ◆ What else will change in my life?
- ◆ At what cost?
- ◆ Do I really want to?
- ◆ Will it make a real difference?

If you decide the benefits outweigh the down side you are ready to set yourself some easy targets or goals to achieve. Don't be too ambitious.

How do I stick to an exercise plan?

Lots of people make a plan to be active but don't actually do it. If this is you, work out what the excuses you make to yourself. Write them down. Then for each excuse, write down the benefit you would gain if you did manage to do your planned activity.

Use your pros and cons, excuses and counter arguments to remind you why you want to stick to your activity plan. Once you have got into a habit and start to feel the benefits of regular exercise, it's much easier to stick to a programme.

It's normal to have times when you can't stick to your programme. You may be too busy, you may be unwell, have visitors, or the weather is too bad. Expect setbacks and it will make it easier to get going again afterwards.