

3 Steps to staying active

1. Reduce inactive time

Sit down less throughout the day

- Set a reminder to get up and walk around every 30 min
- Move from your desk at lunch time
- Stand on the bus or train
- Stand or walk whilst on the phone
- Swap TV or computer time for more active hobbies
- Try a standing desk
- Take the stairs instead of the lift

You can do a mix of moderate and vigorous intensity activities.
Example - two 30 min runs, plus 30 min of brisk walking in a week.

2. Do activities that increase your heart rate (cardio)

2 ½ hours of moderate intensity activity in a week

Some people like to do this as 30 min, 5 times a week

You can break it down into three 10 min blocks, or two 15 min blocks in a day

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. You would be out of breath, but still able to have a conversation

Examples –
- Brisk walking
- gardening
- dancing
- pushing a lawn mower
- cycling on level ground or with few hills

or

1 ¼ hours of vigorous activity in a week

This could be divided into 15 min, 5 times a week

This can help for people who are short on time and can do this level of activity

Vigorous activity makes you breath hard and fast. You would be out of breath and only able to speak a few words between breaths, rather than speaking in full sentences.

Examples –
- jogging or running
- swimming fast
- riding a bike fast or on hills
- football, rugby, hockey
- skipping rope
- aerobics
- gymnastics
- martial arts

Some activities count as both a cardio activity and a muscle-strengthening activity.

Examples include:

- aerobics
- circuit training
- running
- netball
- football
- hockey
- rugby

3. Do activities that strengthen your muscles

Do this in addition to the cardio activity

- yoga
- lifting weights
- working with resistance bands
- doing exercises that use your own body weight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling