

PHYSICAL ACTIVITY

You can improve your health and wellbeing by enjoying 30 minutes of moderate activity on most days of the week.

This can be made up of three 10 minutes sessions if 30 minutes in one go is too much at first. Any activity is better than none.

Older persons will benefit from weight bearing exercise which helps maintain strong muscles, balance and flexibility. You can do this by participating in groups that do Tai Chi, gentle exercise or water based exercise.

Ways to overcome the excuses:

'Not enough time'

- Break up your exercise sessions into small chunks - you may find it easier to find 3 slots of 10 minutes each day, rather than 30 minutes in one go.
- Get your family involved. Instead of watching TV together, get outside and go for a walk or play with your kids or pets.
- Walk in your lunchtime at work, or work to or from work.

'Its boring'

- Exercise with a friend - making it social means it won't feel like a chore
- Do the things you did as a kid such as ride a bike or play a team sport.
- Don't assume it has to be painful or dull - just move more and make it fun. Dance, garden, or even have sex!
- Do a variety of activities.

'Too tired'

- Be active on most days and you'll soon feel more energetic.
- Try to be active in the morning if you can.
- Exercise during your lunch break, or do it as part of your commute to work.
- Eat healthy food as it will give you more energy.
- Try to get more sleep.

Just Remember

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness.