



Truth
about
weight



Exercising at
my pace



Get started by becoming **more active** in your day-to-day life

Each person is unique, so there isn't one 'right' way to exercise. It is more important to find something that you can enjoy and want to keep doing. This guide is here to **help you get started**.

Remember, when you exercise, it is important to start off slowly and at **a pace that suits you**. This can help you avoid any injuries and practise exercising safely.

Welcome to your guide to **getting more active**

Here, you can learn what types of exercise you can do and explore tips on how you can build these into your daily life. Remember, making a small change to your regular routine can make a big difference! Speak to your healthcare provider first if you have any medical conditions or concerns. You should also make sure your activity is appropriate for your current fitness level.



For adults, it is recommended to do at least **150 minutes of 'moderate activity'** a week. This may sound like a lot, but you can spread the time throughout your week. Moderate activity helps raise your heart and breathing rate. To get started, why not try:

- **Brisk walking** around your house or outside
- **Gardening** like pushing a lawnmower
- **Doing house chores** like vacuuming

Other moderate activities include riding a bike, water aerobics, hiking and dancing.

Once you start to feel more confident with exercise, you can try out some **'vigorous activity'**. Instead of moderate activity, try to do **75 minutes of vigorous activity** a week (you can break this up into three 25 minute sessions each week).

This may be harder than moderate activities, but you do not need to do as much. These exercises make you breathe hard and fast. They can include activities like:



Running



Swimming



**Walking up
the stairs**



Skipping

The NHS website is also an excellent resource to refer to for guidance on exercise.

*Remember, you can
do these exercises
at a **time and place**
that suits you.*

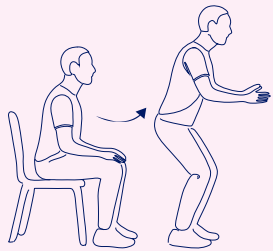


Strength exercises to **try at home**

It is recommended for adults to do strength exercises two days a week. This can help improve your health, strength and mobility. Below, you can find some strength exercise examples and instructions on how to do these. Try to build these exercises slowly into your daily life, at a pace that suits you – with the aim to gradually increase them over time.

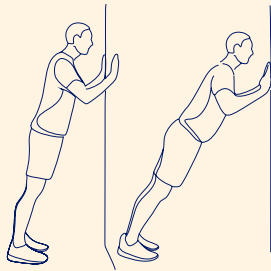
Remember to use a solid, stable chair for any exercises that need one. Do not use chairs with wheels or ones that will slip on the floor.

Sit-to-stand



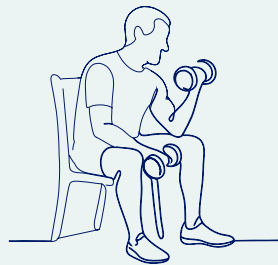
1. Sit on the edge of a chair, with your feet hip-width apart. Lean slightly forwards
2. Stand up slowly using your legs, rather than your arms. Keep looking forward and do not look down
3. Stand upright and then slowly sit down. Try to do this without using your hands for support if you feel able

Wall press-up



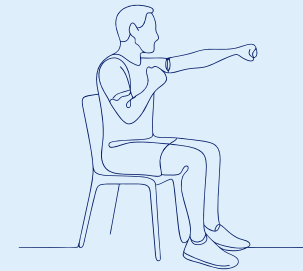
1. Face a wall and stand one arm's length away
2. Place your hands flat against the wall at chest level. Keep looking forward and do not look down
3. With your back straight, slowly bend your elbows and lean towards the wall
4. Slowly straighten your arms and push yourself back to the starting position

Bicep curls



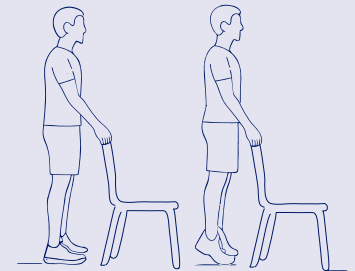
1. Hold a pair of light weights and stand or sit with your feet hip-width apart
2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder
3. Slowly lower your arms again

Seated arm punches



1. Sit up straight on a firm chair with your feet shoulder-width apart and flat on the floor
2. Make fists with your hands and hold them in front of your face
3. Punch one fist forward. As you bring this fist back in, punch the other fist forward

Heel raises



1. Rest your hands on the back of a chair
2. Lift both heels off the floor as far as is comfortable – this movement should be slow and controlled
3. Slowly lower both heels back down to the floor

Find out more on the next page about how you **can build these exercises** into your daily life.

Building up your **fitness routine**

Here, you can find some tips to help you get a little more active each day!



Make it social – getting active can be a fun way to connect with your family, partner or friends. Instead of meeting up for dinner, why not suggest going for a walk in the park or trying out a dance class together?



Pair it with something you enjoy – why not try watching TV while you march on the spot or chatting with a friend while going for a walk?



Add more steps – take the stairs instead of the lift or escalator, or get off your train or bus one stop early to get those extra steps in.



Track your progress – you can download an app on your smartphone or use the notes section on the next page to track your progress.



*Remember to take time out of your day to get active. Doing this at the same time each day or week can help you build new habits and lifestyle changes. This can have **a positive impact on your overall health** and long-term wellbeing.*

You may find it helpful to write down any personal movement goals that you want to achieve using the table below. This can help you stay motivated and give you something to work towards.

<i>My fitness goals</i>	<i>Tracking my progress</i>
<i>E.g. I want to be able to run 1 km without stopping</i>	<i>E.g. I can start by running over a short distance and build this up every week. Steps to achieve this:</i> <i>1. Run up and down the stairs</i> <i>2. Run one lap around the garden</i> <i>3. Run to the local shops or nearest bus stop</i>

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