

Get Help To Get ACTIVE

Top Tips and Activity Diary



Working in partnership with



Suffolk
County Council

Physical Activity Recommendations

It is recommended that an adult does **150 minutes** of moderate physical activity a week, but what does this mean to you and how do you go about it?

What is Moderate Activity?

This can be any activity that will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song. Examples include; a brisk walk, gardening or housework. 150 minutes might sound a lot, but you can break it down into smaller chunks during the week and then again during the day.

These are our suggestions for making this goal more achievable

30 minutes on 5 days out of the week – You can split the 30 minutes up into 10 or 15 minute sections throughout the day.

20 minutes on 7 days out of the week – again this could be split up as above.

Remember, if you don't think you can manage 150 minutes a week, start with less and slowly build up the time.



Top Tips

Make it fun. Chose an activity that you enjoy... you'll be more likely to keep doing the activity. Being active isn't just about going to the gym or playing a sport... there are so many other ways to be active!

Set Goals. If you set yourself goals, you are more likely to stick to them and accomplish more. Make each goal S.M.A.R.T (see SMART goals information on next page) or as detailed as possible, so instead of just saying "I'm going to do more walking", be specific. Write down when and where you are going to walk, how often will you walk and measure it by time or distance.

Be patient. Unfortunately, it's not an overnight fix! We live in a society that expects everything straight away, but some things can't be rushed. Slowly increase your activity levels and your fitness levels will increase accordingly.

A Date for Your Diary. Make an appointment in your diary for your activity session, just like you would a doctor's appointment... you wouldn't want to miss it!

Keep Track. An excellent way to keep motivated is to see your progress and activity levels increase. By keeping an activity diary, you can look back over previous months and compare how much you have improved. Check out our six week activity planner.

Take a Break. During the ad breaks on TV get up and move. If you identify any long periods of time during the day where you are sitting down, try to break up this time by regularly getting up and moving around.

Be Social. Often the hardest part of doing something new is that first step. Why not invite a friend or family member to join you for the first few sessions? Just until you are comfortable to go by yourself. You never know, they might really like the activity too and continue with you!

Successful goals are S.M.A.R.T

The guidelines below will help prevent you from setting unrealistic goals that will just make you feel bad when you don't achieve them. Setting small but manageable goals is important and celebrating when you achieve them is really important!

Specific

The goal should be clear and include specific information to help you achieve it.



Measurable

The goal should have information for measuring progress toward the attainment of your goal.



Achievable

Setting goals that you have a good chance of achieving.



Realistic

The goals should be flexible to fit with the challenges of every day life.

Time-based

The goal should be given a time frame in which it should be achieved.



My Activity Diary

This six week activity diary is a space for you to set your physical activity goals and record when you have achieved them. Remember to make them S.M.A.R.T.

Monday

Tuesday

Wednesday

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Thursday

Friday

Saturday

Sunday



Get Help To Get ACTIVE

STOP
Smoking

' L O S E '
WEIGHT

**Families
and
Young People**

**Health
WALKS**

♥ *health
checks* ♥

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01473 718193

info@onelifesuffolk.co.uk

www.onelifesuffolk.co.uk



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