

ADULTS LOOKING TO GET ACTIVE: our top tips

The NHS
recommends
**150 minutes of
moderate activity
per week**



Start small: be realistic, set achievable goals – otherwise you will get disheartened

Workout at home: it's low cost and you can do it any time! Buy some basic equipment and complete YouTube workouts!

Try something new: there are so many options, don't be afraid to try something you've never done before, you might like it!

Go with friends: company will give you confidence and friends will help to motivate you

Walk more: family walks, dog walks and leave the car at home for short journeys

Make time in your busy schedule for activity - some ideas:



Busy mums and dads:

- get active as a family – go swimming, go to the park, go for a bike ride
- exercise at the same time – walk or workout while your child is busy doing their activities e.g. hockey training, scouts, swimming lesson
- childcare - some gyms offer childcare or junior classes

Working full time:

- cycle or walk part or all of your journey to work
- exercise at lunchtime – leave your desk, go for a short walk
- make the most of your weekends
- make a schedule to stay organised

Set yourself targets to help stay motivated: this could be a measure of your fitness (run 5k in 30 minutes), weight loss or your steps per day!

Look in your community: find something close to your house – look at activities in your local leisure centre, park, community centre or church hall

Consider things you used to do and how you can get back to it: walking sport is a great alternative if you can no longer play at a high intensity

Invest in your new lifestyle: get yourself a water bottle, comfortable clothes and shoes! They will make you feel good and help to avoid injuries

Build it up: be sensible - make sure the type and intensity of your activity is appropriate for your level of fitness



Find something that suits you: there are activities to suit all ages, abilities and interests

Look for low/no cost options: you don't have to spend money - work out at home, or go for a walk!

Ask for help: contact us, speak to friends - talk to your instructors, explain you are new and ask questions

Split up activity through the day: a 10 minute workout before work, a 20 minute walk at lunch - it all adds up!

Remember why you are doing it: there are lots of reasons why being physical active is important!

Create healthy habits: take the stairs instead of the elevator or park at the furthest end of the car park

Competitive sport: hundreds of sports clubs in RCT provide opportunities to play a range of team and individual sports

Recreational sport: if you love sport but you don't want to commit, play with friends or find a recreational session which is just for fun

Physical activity: there are exercise classes to suit everyone, from yoga to body blast! Or take up walking or cycling

Variety: to avoid boredom vary the activities you do - walk new routes, try new workouts

Reward yourself: make sure to acknowledge and feel proud of your progress!

Make sure it's something you enjoy: find something you love, otherwise you won't stick at it

Include family or friends in your journey: they can get involved and/or encourage you!

Schedule physical activity: plan ahead, set a time and stick to it

Serious or social: some clubs or environments require you to take it seriously, other groups are more social and fun

Commitment or flexibility: committing to a group or membership can help keep you motivated, but you don't have to

Individual or group: lots of people love the social aspect of group activity, but if you'd prefer to exercise alone there are lots of ways to do that!

