

IUNE 2008 SATURDAY FRIDAY ACCRECATE TAXABLE

BUT...

I don't have the time...

Even a few minutes of activity here and there can make a difference and is a great way to start—like walking to talk to a colleague at work rather than sending an email and taking the stairs rather than the lift.

*Remember, any physical activity is good for you.

I'm not the sporty type...

You don't have to be sporty to be active, there are many moderate intensity activities that are fun—like swimming, dancing and walking.

I'm usually too tired...

People who are active say they have more energy than they used to. Doing more activity can liven you up.

I'm too unfit or overweight...

You have everything to gain and only weight to lose and however unfit you feel it is never too late to start being more active. Take it easy, build up gradually and enjoy a new you.

I hate exercise...

Don't confuse getting active with formal exercise. You can be active without ever joining or gym or sports team. Walking is one of the best ways of getting your daily dose of physical activity and you can enjoy it on your own, with family or with friends.



TIPS TO GET STARTED...

Choose the right time for you

Think of the time that suits you best to be active. If you are tired when you get home then maybe lunchtime is a better time to do activity. Or if evenings suit you best, maybe you could go for walk or go to an exercise class.

Find an activity that suits you

Being more active may involve just spending more time at things you already do, such as gardening or walking. Or you can try different activities such as playing golf, cycling with a friend, going for a walk on the beach, joining a salsa class, window shopping

Set a goal and work towards it

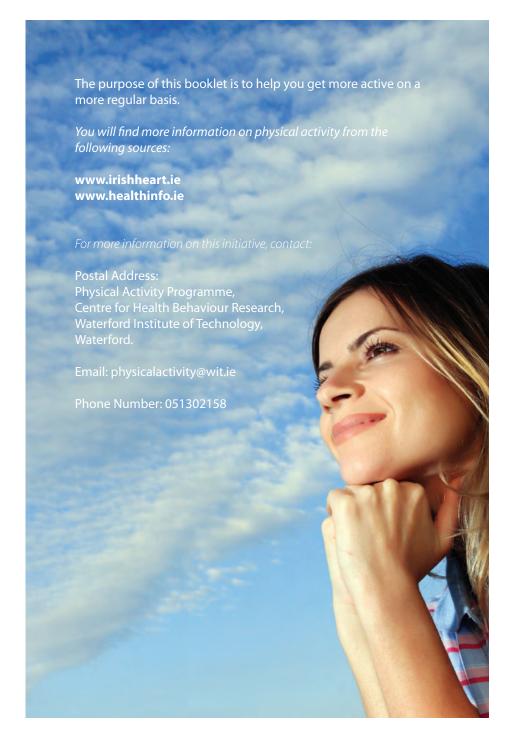
Start with short term goals, they are a great way to move towards being more active. If you walk for 10 minutes on Monday, try to walk for 15 minutes on Wednesday. Be realistic, it is better to set goals that can be achieved.

Reward yourself

When you achieve one of your goals, reward yourself. Treat yourself with something you enjoy such as going to the cinema, sleeping in at the weekend, going out for dinner, buying something new to wear, getting a massage.

Be active safely

Wear comfortable shoes and clothing, drink lots of fluid and start slowly.







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