



leg it!

LET'S EXERCISE
GIRLS!

TIME TO GET MOVING!

Ag siúl

Ag rith

Ag súgradh

WHY GET ACTIVE?

It can help me...

FEEL GOOD

- Reduce my stress levels
- Boost my mood
- Improve my concentration
- Help me sleep well
- Increase my self confidence
- Have more energy

LOOK GOOD

- Control my body weight
- Tone my body

STAY HEALTHY

- Improve the function of my heart and lungs
- Control my blood pressure
- Reduce 'bad' fat in my blood
- Lower my risk of heart disease and some cancers
- Add years to my life

How much and how often?

Do at least 30 minutes of moderate intensity aerobic activity on most days of the week.

Remember moderate intensity means your heart rate and breathing will increase and you will feel warmer and aerobic activity involves continuous movement over a period of time such as walking, jogging, hoovering.

You can accumulate your 30 minutes over two or three shorter sessions or do it all in one go. Either way you get the same health benefits.

REMEMBER, ANY PHYSICAL ACTIVITY IS GOOD FOR YOU.



GETTING MOTIVATED TO GET MOVING!

STEP 1: If you are having trouble getting motivated to be active, try to imagine the benefits for you of getting active. Choose two of these and focus on them as you try to change your physical activity habits.

STEP 2: Think of the easiest change you can make to get active, for example: go for a walk after dinner, do some gardening, go for a walk during your lunch break at work, dance around the kitchen, walk to the shops.

STEP 3: Think of activities you might enjoy, such as taking a gentle exercise class, joining a dance class., going for a walk with your friends, playing outside with your kids.

STEP 4: Set yourself a goal and work towards it.



PHYSICAL ACTIVITY DIARY

Keep a record of your weekly or daily physical activity.

	Best time of day for activity chosen	Activity	Goal	Reward	Achieved
Week 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



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 a 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.



The purpose of this booklet is to help you get more active on a more regular basis.

You will find more information on physical activity from the following sources:

www.irishheart.ie
www.healthinfo.ie

For more information on this initiative, contact:

Postal Address:
Physical Activity Programme,
Centre for Health Behaviour Research,
Waterford Institute of Technology,
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legit!

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