

A woman with short blonde hair, wearing a bright pink tank top and a gold necklace, is smiling and looking towards the camera. She is standing on a gravel path outdoors, with green trees and a clear blue sky in the background. The text 'keep it!' is overlaid on the top left, and 'LET'S EXERCISE GIRLS!' is in the middle left. Below that is 'TIME TO GET MOVING!' and three lines of Gaelic text.

keep it!

LET'S EXERCISE
GIRLS!

TIME TO GET MOVING!

Ag síúl

Ag rith

Ag súgradh

REGULAR PHYSICAL ACTIVITY

Making physical activity a regular part of your life will lead to greater health benefits. Some of the benefits you should experience when you achieve this goal are:

- Having more energy
- Feeling better about yourself
- Sleeping better
- Experiencing less stress

"Walking and running has been great for me because, as a mother, it was something I could do anytime, when it suited me. Little did I know when I first started 6 years ago where it would lead me. It is now part of my life. People now see me and accept me as an exerciser. It is so satisfying to hear other women say "well, if Irene can do it, so can I!" I know that walking and running is part of my future and that there are lots of exciting opportunities ahead." Irene, Kilkenny

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 without making you puff and pant.

The good news is the more activity you do, the better you will feel.



MODERATE INTENSITY ACTIVITY

Moderate intensity activity means exercising above 50% and below 70% of your maximum heart rate.

Maximum heart rate (MHR)

220 minus your age (i.e. if you are aged 35, it will be 220-35, and your MHR would be 185).

Calculate your heart rate for moderate intensity
50% (lower end) of MHR = $185 \times 50\% = 93\text{bpm}$
70% (upper end) of MHR = $185 \times 70\% = 130\text{bpm}$

Measure your heart rate

Place your first and second finger on the thumb side of your wrist
Look at your watch and count the throbs or beats that you feel under your finger for ten seconds
Multiply the counts by six = _____ beats per minutes

OVERCOMING BARRIERS

Everyone, regardless of how active they are, experiences barriers to maintaining their physical activity levels. The key is to treat these setbacks as temporary and to take steps to get back into a routine. Here are some suggestions for overcoming barriers:

SET REALISTIC GOALS

Simple and short term goals will help you keep going and grow in confidence.

REWARD YOURSELF

Reward yourself when you achieve your goals, egs. Get a massage, go shopping.

BE ACTIVE WITH SOMEONE

This will help you stay motivated and committed and you will have more fun.

VARY YOUR ACTIVITY

Varying the time and place you do your activity will keep you interested.

TRY A DIFFERENT TYPE OF ACTIVITY

Try a cycle or a hillwalk or a swim for a change!



TIPS TO GET ACTIVE

At home

Create routes at home where you can walk for at least 15 minutes continuously. There could be a loop from your home and back, a nearby park or local shops.

- Plan longer bouts of activity at the weekend with family or friends
- Give yourself rewards for longer bouts of activity
- Break up long hours of sitting or watching TV with some exercise
- Put reminders to do activity on the fridge, in your diary

At work

- If you can, walk or cycle to work
- Take the stairs instead of the lift
- Do errands at lunch time which involve walking
- Take trainers to work and walk with friends before, during or after work

CONSIDER THIS...

Being active at work

Taking lift for three flights of stairs = 5 calories

Walking three flights of stairs = 15 calories

Sit at canteen for 30 minutes at lunchtime = 30 calories

Eat lunch for 15 minutes then go for a 15 minute walk = 100 calories

5 minute phone call sitting = 5 calories

5 minute phone call standing = 25 calories

Being active at home

ACTIVE INDOORS FOR 30 MINUTES

ACTIVE OUTDOORS FOR 30 MINUTES

Dancing = 180 calories

Gardening = 140 calories

Hoovering = 120 calories

Ball games = 200 calories

Walk and talk on the phone = 120 calories

Playing with children = 110 calories

Every little bit helps!



INCREASING INTENSITY

Now that you are including moderate intensity in your weekly schedule and have achieved 30 minutes of activity most days, you may wish to improve your fitness levels even more.

To get even more health benefits and to feel fitter follow the FITT Formula:

Frequency

Include at least three sessions of continuous activity for 20 minutes three times a week.

Intensity

Increase your pace to vigorous intensity. Vigorous intensity will cause your heart rate and breathing to increase more than moderate intensity. Jogging, cycling uphill and swimming a number of laps are all examples of vigorous intensity activity.

Time

Gradually increase the length of time you are active from 20 to 40 minutes.

Type

Any activity is good for you. Include strengthening activities and stretching as well as aerobic activities.



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,
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leg it!

Physical Activity Programme,
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