

Physical Activity Guidelines

Fitting in an exercise regime into your daily schedule may seem a little unrealistic. However, by following the tips below it is easier than you may think.

ASCM Physical Activity Guidelines:

- 5 x per week 30 minutes moderate intense exercise
- OR
- 3 x per week 20 minutes vigorous intense exercise
- AND
- 2 x per week 8-10 strength training exercises for all major muscle groups, performing 8-12 repetitions of each exercise
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Top tips:

Short Bursts: your daily 30 minutes can be accumulated into 3 x 10 minute bursts throughout the day. For example, a short brisk walk to and from work can be a refreshing part of the day and help you to clear your head.

Variety: Choose activities that you enjoy and try to include as much variety as possible. Involve others if you can - family, friends etc. This can boost motivation and make it more enjoyable.

Plan: To make physical activity part of your life, set aside specific days/times to do it. Joining a gym really is not necessary in order for you to meet the recommended guidelines. Go for a brisk walk during a lunch break. If the workplace has a flight of stairs plan to walk up and down a few times daily. Learn to dance, take up hill-walking, get a dog!

Starting up an exercise plan can seem daunting. However, all that is needed is a decent pair of trainers and a little motivation. By incorporating physical activity into your life, it will improve both physical and mental aspects of life and also help to reduce the risk of chronic disease.

If you would like some assistance to help you get started speak to a fitness advisor or make an appointment for a consultation and/or assessment. And why not let your GP know what you are planning? As well as getting your current health status checked out, she/he will be able to support you as you become more active.

Every step counts so good luck taking your first!