



Developed by Sport Ireland and its network of Local Sports Partnerships, the Older Adult Home Exercise Plan aims to support older adults to be more active on a daily basis.

The National Physical Activity Plan for Ireland, recommends that older people, aged 65+ be active for at least 30 minutes a day of moderate intensity activity 5 days a week, or 150 minutes a week. Moderate intensity activity puts a focus on aerobic activity, muscle strengthening and balance.

Daily physical activity has many benefits, including:

- Increased physical strength
- Improved balance and reduction in fall risk
- Protection from common diseases such as heart disease and diabetes
- Improved body confidence
- Higher levels of positive mental health

### **How to use the four-week plan**

The Older Adult Home Exercise Plan contains:

- Physical Activity Planner
- Home Exercise Activity Cards

### **Plan each day – Making it happen**

By planning our daily activity at the start of the week or in the evening we are less likely to avoid or forget to do it. The activity planner asks a few simple questions to help focus the mind and set out the physical activity goals.

### **Activity cards**

The activity cards contain eight exercises that can be done at home using minimal equipment. All activities are fully adaptable and can be performed seated or standing depending on ability.

### **Physical activity planner**

The physical activity planner helps people to plan, schedule, account for and reflect on their exercise activity. There is also a sense of satisfaction in looking at the tracker at the end of each day or week and seeing what has been achieved.

### **Further Support**

Sport Ireland and its network of Local Sports Partnerships work hard to help people to be physically active. For help with any aspect of this plan or to find out how and where to avail of other physical activity opportunities, please contact Offaly Sports Partnership on 057 93 57462 or by email to [sports@offalycoco.ie](mailto:sports@offalycoco.ie)

# Plean Aclaíochta Baile d'Aosaigh Scothaosta

Oibríonn Spórt Éireann agus ár líonra Comhpháirtíochtaí Áitiúla Spóirt le gairmithe a bhfuil iontaobh astu agus oibrithe deonacha a bhfuil ardmheas orthu chun pobail ar fud na tíre a spreagadh deiseanna atá cuimsitheach agus inbhuanaithe agus a bhfuil tionchar acu a sholáthar chun cabhrú le daoine tabhairt faoi ghníomhaíocht fhisiciúil.

## Plean Aclaíochta Baile d'Aosaigh Scothaosta

Is tionscnamh aclaíochta baile ceithre seachtaine é seo do gach Aosach Scothaosta, beag beann ar chumas. Thar thréimhse ceithre seachtaine, is é an aidhm féachaint le ghníomhaíocht fhisiciúil a dhéanamh ar feadh 30 nóiméad sa lá ar a laghad, faoi mar a mholtar i bPlean Náisiúnta na hÉireann um Ghníomhaíocht Fhisiciúil.

Déan iarracht bheith gníomhach ar feadh 30 nóiméad as a chéile nó tabhairt faoi thrí bhabhta atá 10 nóiméad ar fad. Ba dheasmaoineamh é na cleachtaí sa leabhrán seo a chomhcheangal le ghníomhaíocht aeróbach eile amhail siúl, rothaíocht nó garraíodóireacht.

Ba cheart do gach aosach, beag beann ar aois, gníomhaíocht fhisiciúil a dhéanamh ar dhéine mheasartha ar feadh 30 nóiméad sa lá ar a laghad



## Deimhin a Dhéanamh de

- 1 Cinn gach oíche cé na gníomhaíochtaí a dhéanfaidh tú an chéad lá eile.
- 2 Cinn cén t-am agus cén áit a ndéanfaidh tú do ghníomhaíochtaí.
- 3 Déan aon trealamh a theastóidh uait a ullmhú agus a leagan amach an oíche
- 4 Bí gníomhach agus bain taitneamh as an mbraistint folláine ina dhiaidh.

Chun cabhrú leat, chuireamar pleanálai ghníomhaíochta simplí ar áireamh ag deireadh an leabhráin seo.

## Cén fáth ar cheart duit an acmhainn seo a úsáid?

- Cabhraíonn sí linn aosú níos fearr – táimid ag maireachtáil saol níos faide agus cuireann stíl mhaireachtála ghníomhach feabhas ar cháilíocht na mblianta breise sin.
- Cabhraíonn sí linn ár neamhspleáchas a choinneáil – tá sé tábhachtach bheith ábalta nithe a dhéanamh a chabhraíonn linn saol chomh neamhspleách agus is féidir a bheith againn.
- Cosnaíonn sí sinn go pointe éigin ar ghalair choitianta amhail galar croí agus diaibéiteas. Laghdaíonn sí an riosca go dtitimid freisin.
- Is féidir le ghníomhaíocht fhisiciúil cabhrú linn mothú níos fearr ón taobh fisiciúil de agus ó thaobh na meabhrach de ach ár meabhair a choinneáil gear!

## Is féidir na gníomhaíochtaí uile sa leabhrán seo

- A mhionathrú chun dul in oiriúint do gach duine, beag beann ar chumas nó aois
- A dhearadh ach míreanna tí a úsáid
- A dhéanamh laistigh nó lasmuigh
- A dhéanamh i d'aonar, le ball teaghlach nó le cara.

Más mian leat cabhair a fháil maidir le gné ar bith den phlean seo nó más mian leat a fháil amach cén dóigh agus cén áit ar féidir leat leas a bhaint as deiseanna eile ghníomhaíochta fisiciúla, déan teagmháil le do Chomhpháirtíocht Áitiúil Spóirt (sonraí ar fáil thíos).

# Older Adult Home Exercise Plan

Sport Ireland and our network of Local Sports Partnerships work with trusted professionals and valued volunteers to engage communities across the country to deliver inclusive, impactful and sustainable opportunities to become physically active.

## Older Adult Home Exercise Plan

This is a 4-week home exercise initiative for Older Adults of all abilities. Over a 4-week period, the guidelines are to try and reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan.

Try to be active for 30 minutes in one go or for 3 bouts of 10 minutes at a time. A good idea would be to combine the exercises in this booklet with some other aerobic activity such as walking, cycling or gardening.

Adults of all ages should be physically active, at a moderate intensity, for at least 30 minutes a day



## Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

## Why use this resource?

- It helps us age better – we are living longer and being active enhances the quality of those added years.
- It helps us retain our independence – it is important to be able to do things in life that enable us to live as independently as possible.
- It helps protect us from common diseases like heart disease and diabetes. It also reduces our risk of falling.
- Being physically active can help us feel better – physically and mentally by keeping our minds sharp!

## All activities in this booklet

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).

IS FÉIDIR LEAT GACH CLEACHTADH A DHÉANAMH AGUS TÚ I DO SHUÍ NÓ I DO SHEASAMH. IS FÉIDIR LEAT CATHAOIR, CUNTAR OIBRE NÓ DROMCHLA DAINGEAN A ÚSÁID CHUN COINNEÁIL COTHROM.

## CIORCAIL RÚITÍN

### Cad a dhéanaim?

- Cuir lámh amháin ar dhromchla daingean le haghaidh cothromaíochta, más féidir
- Tóg cos amháin den talamh
- Tarraing ciorcail san aer, ag úsáid do ladhracha
- Athraigh an treo
- Athraigh chuig an gcos eile agus déan arís é

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat soghluaisteacht agus cobhsaíocht do rúitíní a mhéadú le haghaidh gnáthchúraimí laethúla amhail siúl.



## MÁIRSEÁIL AR AN LÁTHAIR

### Cad a dhéanaim?

- Suigh nó seas ard
- Bíodh do chosa leithead na nguailí as a chéile
- Máirseáil ar an láthair ach do ghlúin a ardú go hard agus ansin ísligh an chos sin ar ais chuig an suíomh tosaigh
- Déan an rud céanna leis an gcos eile

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat gnáthchúraimí laethúla a dhéanamh, amhail dul suas an staighre agus siúl ar chosáin neamhchothroma



**CUIMHNIGH:**  
Má tá riocht bunúsach sláinte agat nó má tá stíl mhaireachtála neamhghníomhach agat, ba cheart duit labhairt le do lia-chleachtóir ginearálta sula dtosaíonn tú aon chlár aclaíochta nua

Ciallaíonn aclaíocht déine measartha go bhfuil tú ag puthail agus nach bhfuil tú ag séideadh anála, agus go bhfuil tú in ann caint agus nach bhfuil tú in ann canadh, agus tú gníomhach

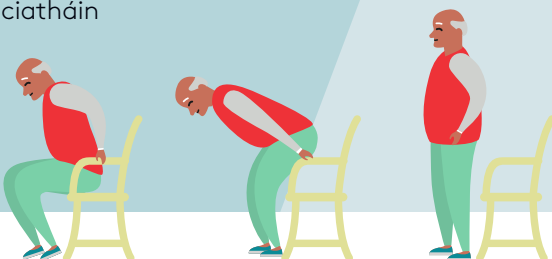
## SUÍ GO SEASAMH

### Cad a dhéanaim?

- Cuir do chathaoir in aghaidh an bhalla
- Agus tú i do shuí ar an gcathaoir, brúigh do thóin ar aghaidh i do chathaoir
- Cuir do chosa ar chúl do ghlúin
- Claon ar aghaidh, agus do cheann á thabhairt thar do ghlúine
- Brúigh tú féin amach den chathaoir le do dhá lámh chun seasamh suas
- Tabhair céim siar go dtí go mothaíonn tú an chathaoir i gcoinne do chos
- Crom sa lár, ag síneadh siar chuig na tacáí sciatháin agus suigh síos an athair go mall

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat gnáthchúraimí laethúla a dhéanamh, amhail éirí amach as an gcarr agus éirí suas de chathaoir
- Chun é a dhéanamh níos deacra, bain triail as seasamh suas gan brú amach de na tacáí sciatháin



## SÍNEADH OS CIONN AN CHINN

### Cad a dhéanaim?

- Suigh i gcathair
- Bíodh do ghéaga ar do chliatháin agus ionanálaigh
- Easanálaigh de réir mar a shíníonn tú do ghéaga os cionn do chinn
- Is féidir leat meáchan a chur leis ach buidéal uisce nó stán bia a úsáid

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat raon na gluaiseachta sna nguailí a mhéadú le haghaidh gnáthchúraimí laethúla amhail do ghéaga a shíneadh chun mír a thógáil amach as cófra os cionn do chinn agus do chuid gruaige a ní

Le haghaidh tuilleadh smointe ar conas is féidir gníomhaíochtaí a oiriúnú, déan teagmháil le do Chomhpháirtíocht Áitiúil Spóirt



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

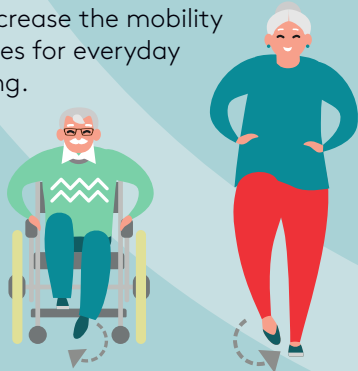
## ANKLE CIRCLES

### What do I do?

- Place one hand on a stable surface for balance, if possible
- Lift one foot off the ground
- Draw circles in the air leading with your toes
- Change direction
- Switch feet and repeat

### Why would I do it?

- It will help you to increase the mobility and stability of ankles for everyday tasks such as walking.



## MARCHING ON THE SPOT

### What do I do?

- Sit or stand tall
- Feet shoulder width apart
- March on the spot by raising your knee high and then lower this leg back to the start position
- Repeat with opposite leg

### Why would I do it?

- It will help you to perform everyday tasks such as climbing the stairs and clearing uneven footpaths



**REMEMBER:**  
If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

Moderate intensity exercise means that you're huffing but not puffing or still able to talk but not sing while being active

## SIT TO STAND

### What do I do?

- Place your chair against the wall
- Whilst seated on the chair move your bottom forwards in your chair
- Place your feet behind your knees
- Lean forwards bringing your head over your knees
- Push off with both hands to stand up
- Step back until you feel the chair against your legs
- Bend in the middle, reaching back for the arm rests and slowly sit back down

### Why would I do it?

- It will help you to perform everyday tasks such as getting out of the car, and getting up from a chair
- To make it harder, try to stand up without pushing off the arm rest



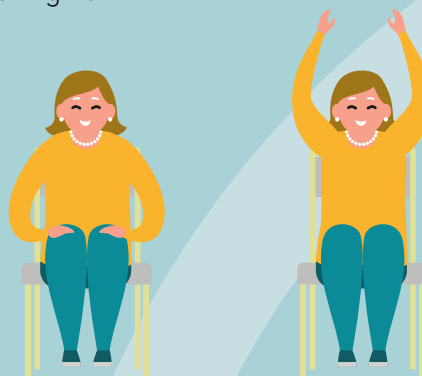
## OVERHEAD REACH

### What do I do?

- Sit in chair
- Arms by sides, inhale
- Exhale as you reach your arms overhead
- You can add a weight by using a water bottle or food tin

### Why would I do it?

- It will help you to increase the range of motion in shoulders for everyday tasks such as reaching for an object out of a cupboard overhead, and washing hair



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## ARDUITHE COISE CHUN AN TAOIBH

### Cad a dhéanaim?

- Seas ard, cuir do lámha ar thaca, coinnigh do chosa leithead na nguailí as a chéile
- Cuir an meáchan ar chos amháin, coinnigh an ghlúin beagáinín cromtha agus tóg an chos eile amach chuig an taobh go mall ar feadh ceithre shoicind
- Tabhair an chos ar ais chuig an gcos eile agus stad ar feadh ceithre shoicind, agus déan arís é

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat do chromáin a neartú le haghaidh gnáthchúraimí laethúla amhail céim a thabhairt i leataobh agus tú ag siúl, agus éirí amach den leaba



## ARDUITHE LADHRACHA AGUS SÁL

### Cad a dhéanaim?

- Seas ard, cuir do lámha ar thaca, coinnigh do chosa leithead na nguailí as a chéile
- Tóg do shála den talamh go mall go dtí go bhfuil tú i do sheasamh ar bháil do chos, stad ansin agus fill ar an suíomh tosaigh go mall
- Tóg do ladhracha den talamh go mall go dtí go bhfuil tú i do sheasamh ar shála do chos, stad ansin agus fill ar an suíomh tosaigh go mall

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat cobhsaíocht íochtar an choirp a fheabhsú le haghaidh gnáthchúraimí laethúla amhail céimeanna a thabhairt siar agus lámha a shíneadh chun míreanna atá os cionn do chinn a thógáil



Ná déan dearmad ar chabhair a thabhairt dóibh sin a dteastaíonn cúnamh breise uathu.

## CASTAÍ COIRP

### Cad a dhéanaim?

- Suigh i gcathaoir dhaindean agus ardaigh d'uillinneacha go hairde an chliabhraigh
- Cas do cheann agus do ghuaillí go mall agus go réidh chun breathnú thar ghualainn amháin
- Fill ar an suíomh tosaigh agus déan arís é ar an taobh eile

### Cén fáth a ndéanfainn í?

- Cabhróidh sé leat neart agus soghluaisteacht do choime a fheabhsú le haghaidh gnáthchúraimí laethúla lena mbaineann casadh agus cromadh, amhail garraíodóireacht agus an t-urlár a scuabadh



## FÁSCAÍ LÁMH

### Cad a dhéanaim?

- Bíodh do mhír roghnaithe (liathróid, stocaí corntha, etc.) ar lámh amháin agat
- Fáisc an mhír chomh docht agus is féidir leat ar feadh ceithre shoicind agus ansin scaoil í
- Fáisc arís í agus scaoil í

### Cén fáth a ndéanfainn í?

- Cabhróidh sí leat neart do lámh a fheabhsú le haghaidh gnáthchúraimí laethúla amhail prócaí a oscailt, eochracha a chasadh agus míreanna siopadóireachta a choinneáil i do lámh agus a iompar



Is é atá in Age & Opportunity Active ná clár náisiúnta a bhfuil mar aidhm leis níos mó aosach a spreagadh chun gníomhaíochta agus chun páirt a ghlacadh sa spórt áineasa agus i ngníomhaíocht fhisiciúil. Is féidir tuilleadh sonraí a fháil ag

[www.ageandopportunity.ie/active](http://www.ageandopportunity.ie/active)



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

## SIDE LEG LIFTS

### What do I do?

- Standing tall, hands on support, feet hip width apart
- Take the weight on one leg, keep knee slightly bent and slowly lift other leg out to the side for a count of 4
- Bring foot back to other foot for count of 4, and repeat

### Why would I do it?

- It will help you to strengthen your hips for everyday tasks such as side stepping when walking, and getting out of bed

For more ideas on how to adapt activities, contact your Local Sports Partnership

Remember to assist those who may need extra help in taking part.



## TOE & HEEL RAISES

### What do I do?

- Standing tall, hands on support, feet hip width apart
- Slowly raise heels off the ground until you're on the balls of your feet, pause and slowly come back to start position
- Slowly raise toes off the ground until you're on the heels of your feet, pause and slowly move back to start position

### Why would I do it?

- It will help you to improve your lower body stability for everyday tasks such as stepping backwards, and reaching for objects overhead



## BODY TWISTS

### What do I do?

- Sitting in a sturdy chair, lift elbows to chest height
- Slowly and gently start turning your head and shoulders to look over one shoulder
- Return back to start position, repeat on other side

### Why would I do it?

- It will help you to improve the strength and mobility of your mid-section for everyday tasks that involve twisting and bending such as gardening and sweeping the floor



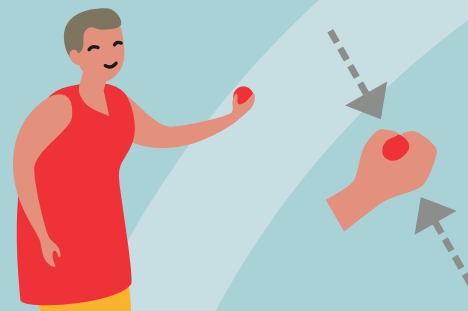
## HAND SQUEEZES

### What do I do?

- Hold your chosen object in one hand (Ball, rolled up socks, etc)
- Slowly squeeze it as hard as you can and hold it for a count of 4 and then release
- Repeat the squeeze and release

### Why would I do it?

- It will help you to improve hand strength for everyday tasks such as opening jars, turning keys, holding and carrying shopping items



Tabhair freagra ar na trí cheist thíos agus, i dtús gach seachtaine, leag amach do spriocanna gníomhaíochta fisiciúla

SAMPLA

| <p><b>Cén fáth ar mian liom bheith gníomhach? Cén sprioc fhoriomlán atá agam?</b><br/>Má dhíríonn tú ar sprioc fhoriomlán, cabhrófar leat spreagadh a choinneáil feadh na 4 seachtaine.</p>                                                 | <p>Is mian liom bheith ábalta súgradh le mo gharleanaí níos mó.</p>                                                |                    |                |                    |                |                    |                |                    |                |                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------|----------------|--------------------|----------------|--------------------|----------------|--------------------|----------------|--------------------|
| <p><b>Cén t-am agus cén áit a ndéanfaidh mé mo ghníomhaíochtaí?</b><br/>Má choinníonn tú gnóthamh comhsheasmhach ar bun, is é is dócháil go bhfanfaidh tú gníomhach go fisiciúil.</p>                                                       | <p>Ar maidin sa seomra suí. Ceapaim go bhfuil níos mó fuinnimh agam ar maidin.</p>                                 |                    |                |                    |                |                    |                |                    |                |                    |
| <p><b>Cé leis a gcomhroinnfidh mé m'aistear aclaíochta?</b><br/>Má teaghlaigh leat ar an eolas chuireann tú cara nó ball faoin rún atá agat bheith níos gníomhaí nó éirí gníomhach le duine eile, is fearr an seans go n-éireoidh leat.</p> | <p>Mary, cara liom. Dúirt mé léi a fhiafraí díom an bhfuilim ag comhlíonadh mo sprice laethúla nó nach bhfuil.</p> |                    |                |                    |                |                    |                |                    |                |                    |
| <p><b>Cinn gach oíche cé na gníomhaíochtaí a dhéanfaidh tú an chéad lá eile.</b><br/>Déan an trealamh a theastóidh uait a ullmhú agus a leagan amach an oíche roimhe.</p>                                                                   |                                                                                                                    |                    |                |                    |                |                    |                |                    |                |                    |
| UIMHIR NA SEACHTAINÉ                                                                                                                                                                                                                        | SEACHTAIN 1                                                                                                        |                    | SEACHTAIN 1    |                    | SEACHTAIN 2    |                    | SEACHTAIN 3    |                    | SEACHTAIN 4    |                    |
| Nóiméad in aghaidh na seachtaine                                                                                                                                                                                                            | Sprioc-nóiméid                                                                                                     | Nóiméid a rinneadh | Sprioc-nóiméid | Nóiméid a rinneadh | Sprioc-nóiméid | Nóiméid a rinneadh | Sprioc-nóiméid | Nóiméid a rinneadh | Sprioc-nóiméid | Nóiméid a rinneadh |
|                                                                                                                                                                                                                                             | SAMPLA                                                                                                             |                    |                |                    |                |                    |                |                    |                |                    |
| An Luan                                                                                                                                                                                                                                     | 30                                                                                                                 | 20                 |                |                    |                |                    |                |                    |                |                    |
| An Mháirt                                                                                                                                                                                                                                   | 30                                                                                                                 | 35                 |                |                    |                |                    |                |                    |                |                    |
| An Chéadaoin                                                                                                                                                                                                                                | 0                                                                                                                  | 15                 |                |                    |                |                    |                |                    |                |                    |
| An Déardaoin                                                                                                                                                                                                                                | 30                                                                                                                 | 30                 |                |                    |                |                    |                |                    |                |                    |
| An Aoine                                                                                                                                                                                                                                    | 30                                                                                                                 | 35                 |                |                    |                |                    |                |                    |                |                    |
| An Satharn                                                                                                                                                                                                                                  | 0                                                                                                                  | 20                 |                |                    |                |                    |                |                    |                |                    |
| An Domhnach                                                                                                                                                                                                                                 | 30                                                                                                                 | 15                 |                |                    |                |                    |                |                    |                |                    |
| Iomlán na Seachtaine                                                                                                                                                                                                                        | 150                                                                                                                | 170                |                |                    |                |                    |                |                    |                |                    |
| <p><b>Cén dóigh a ndearna mé an tseachtain seo?</b></p>                                                                                                                                                                                     | <p>Táim sásta liom féin. Bhí mé gníomhach ar feadh 20 nóiméad níos mó ná mo sprioc agus tá áthas orm.</p>          |                    |                |                    |                |                    |                |                    |                |                    |

## #BeActive

Ná déan dearmad ar do chuid grianghraf/físeán a chomhroinnt ar na meáin shóisialta. Clibéáil @SportIreland agus do Chomhpháirtíocht Áitiúil Spóirt agus úsáid #BeActive



Answer the below 3 questions and then, at the start of each week, set out your physical activity goals

EXAMPLE

| <p><b>Why do I want to be active? What is my overall goal?</b><br/>Focusing on an overall goal will help you to stay motivated over the 4 weeks.</p>                                                             | <p>I want to be able to play with my grandkids more.</p>                                          |                  |                |                  |                |                  |                |                  |                |                  |  |
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| <p><b>When and where will I do my activities?</b><br/>If you maintain a consistent routine, you are more likely to remain physically active.</p>                                                                 | <p>In the morning time in the living room. I feel like I have the most energy in the morning.</p> |                  |                |                  |                |                  |                |                  |                |                  |  |
| <p><b>Who will I share my exercise journey with?</b><br/>If you inform a friend or family member of your intention to be more active or get active with another person, you have a better chance of success.</p> | <p>My friend Mary. I have told her to ask me whether I am reaching my daily target.</p>           |                  |                |                  |                |                  |                |                  |                |                  |  |
| <p>Every evening decide which activities you are going to do tomorrow. Prepare and layout the equipment you will need the night before.</p>                                                                      |                                                                                                   |                  |                |                  |                |                  |                |                  |                |                  |  |
| WEEK NUMBER                                                                                                                                                                                                      | WEEK 1                                                                                            |                  | WEEK 1         |                  | WEEK 2         |                  | WEEK 3         |                  | WEEK 4         |                  |  |
| Minutes per week                                                                                                                                                                                                 | Target Minutes                                                                                    | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes |  |
|                                                                                                                                                                                                                  | EXAMPLE                                                                                           |                  |                |                  |                |                  |                |                  |                |                  |  |
| Monday                                                                                                                                                                                                           | 30                                                                                                | 20               |                |                  |                |                  |                |                  |                |                  |  |
| Tuesday                                                                                                                                                                                                          | 30                                                                                                | 35               |                |                  |                |                  |                |                  |                |                  |  |
| Wednesday                                                                                                                                                                                                        | 0                                                                                                 | 15               |                |                  |                |                  |                |                  |                |                  |  |
| Thursday                                                                                                                                                                                                         | 30                                                                                                | 30               |                |                  |                |                  |                |                  |                |                  |  |
| Friday                                                                                                                                                                                                           | 30                                                                                                | 35               |                |                  |                |                  |                |                  |                |                  |  |
| Saturday                                                                                                                                                                                                         | 0                                                                                                 | 20               |                |                  |                |                  |                |                  |                |                  |  |
| Sunday                                                                                                                                                                                                           | 30                                                                                                | 15               |                |                  |                |                  |                |                  |                |                  |  |
| My Weekly Total                                                                                                                                                                                                  | 150                                                                                               | 170              |                |                  |                |                  |                |                  |                |                  |  |
| <p><b>How did I do this week?</b></p>                                                                                                                                                                            | <p>I am happy with myself. I was active for 20 minutes more than my target and I feel great.</p>  |                  |                |                  |                |                  |                |                  |                |                  |  |

## #BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive