



# Get active your way



# Get active your way!

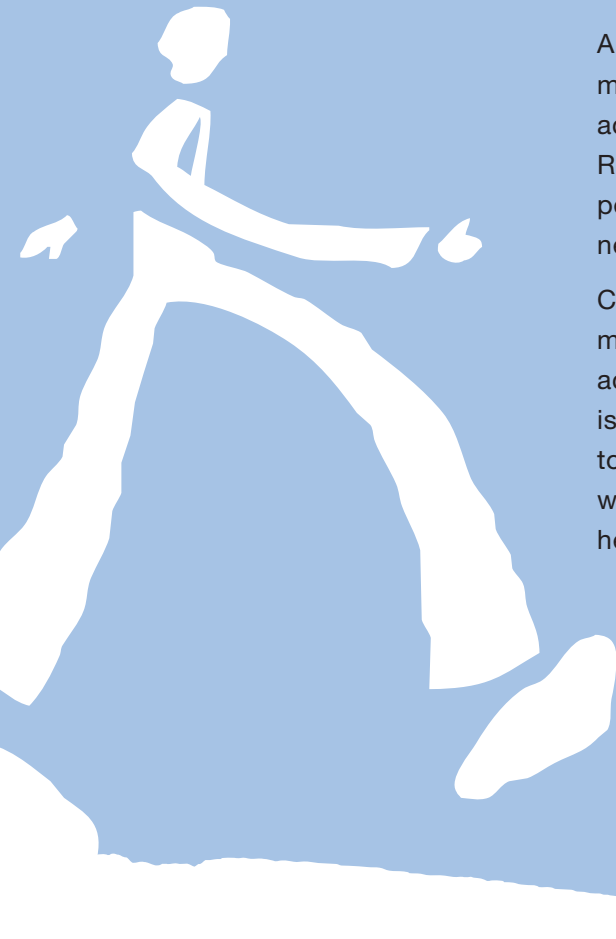
Regular physical activity is a great way to help you feel and look good.

**Being active will give you more energy, help you relax and it's fun too.**

Being more active can also lower your risk of heart disease, stroke, cancer, diabetes, osteoporosis, depression, and weight gain. Getting children active also reduces their risk of ill health as an adult.

All adults need at least 30 minutes of moderate intensity activity on five days a week. Research shows that most Irish people are not as active as they need to be for health.

Children need at least 60 minutes every day. If you are active regularly, the evidence is that your children more likely to be active too. Getting active will help you improve your own health and your children's also.



# How active are you?

Take the activity quiz and find out

## Activity quiz

- 1. How often are you active at home – gardening, vacuuming, cleaning windows?**
  - a) Never
  - b) Some days
  - c) Most days
- 2. How active is your work?**
  - a) Not active – sitting or driving most of the day
  - b) Light active – some walking involved
  - c) Very active – a lot of walking, lifting or other manual activity
- 3. How often are you active during leisure time – walking, cycling, dancing, tennis, football or other activities?**
  - a) Never
  - b) Some days
  - c) Most days
- 4. When you exercise, how do you feel?**
  - a) Not very different to when I'm not exercising
  - b) Warm, my heart rate is faster and I'm slightly out of breath but I can still have a conversation
  - c) I'm sweating, my heart rate is very fast, I'm breathing heavily and concentrating hard



### Mostly A's

You're not as active as you need to be to get benefit. Check out the **Getting started** section for ways to increase the amount of activity you do each week.

### Mostly B's

You've made a really good start and are enjoying some of the benefits. Check out the **Getting more active** section for ways to increase the amount of activity you do each week.

### Mostly C's

Well done. Keep up the level of activity in your daily routine.

## Getting started

- Getting started can be hard if you are not regularly active, setting realistic goals can increase your chances of success.
- You don't have to be sporty, join a gym or spend lots of money to get active. Try to be more active at home and at work every day.
- Think about what you do everyday and find a regular time that you can fit in some activity.
- Help yourself not to forget - set a reminder on your phone or leave your exercise shoes by the door.
- Getting active needn't be a chore. Make it fun by doing activities you enjoy or by being active with friends or family.
- Remember you can count all activities that last at least 10 minutes.
- Gradually work towards establishing a regular pattern of activity until you are moderately active for at least 30 minutes a day 5 days a week or 150 minutes a week.



**If you are not active or are very overweight start with bouts of 10 minutes or less every day. Gradually increase the amount of time and the level of your activities.**

Take **The Get Active Challenge** and see how active you can get.

## Getting more active

Think about how and when you are active during the week.

How often are you moderately active for at least 30 minutes a day?

- Set realistic goals to increase your chances of success. You can get more active by:
  - increasing the number of days you are active;
  - increasing the time you are active for each day; or
  - including vigorous activities.
- Choose activities you enjoy and have fun – the chances are you will stick with it.
- Remember you can count all activities that last at least 10 minutes. Also one minute of vigorous activity counts as two minutes of moderate activity.
- Make activity time me time – ask a friend to join you or go it alone.
- Work towards establishing a regular pattern of activity until you are moderately active for at least 30 minutes a day 5 days a week or 150 minutes a week.

**If you are already moderately active for at least 30 minutes a day or 150 minutes a week - well done. The challenge for you is to build to 60 minutes 5 days a week.**

Take **The Get Active Challenge** and see how active you can get.



## What type of activity is best?

Regular physical activity of any type is good for you. Most of your activities should be aerobic, with muscle strengthening activities added 2 or 3 times a week.

Aerobic activity is activity that uses your heart, lungs and large muscles over a period of time. Walking – on your own or with a buggy, cycling, football, general gardening or vacuuming are examples of aerobic activity.

Muscle strengthening activity will keep your bones and muscles strong. Circuit training, step aerobics, using exercise bands or hand held weights, digging or lifting while gardening are examples of muscle strengthening activities.

## Get active at home

- Leave the car at home. Walk or cycle instead.
- Walk the dog or take the family for a walk, use a buggy for younger children.
- Put energy into housework – cleaning windows, sweeping floors.
- Get gardening – rake leaves, pull weeds and mow the lawn.
- Turn off the TV, less TV time equals more activity time.



## Get active at work

- Cycle or walk some of the way to work.
- Walk at lunch-time.
- Get up and move about during the day.
- Take the stairs instead of the lift.
- Meet a friend for a walk instead of a coffee.



## Get active at play

- Get active with friends – go walking or organise a game of football.
- Start a new hobby that involves activity – dancing, hill-walking.
- Join an exercise class or a local sports club.
- Play active games with your children – tag, skipping, ball games, hide and seek.
- Play active computer games.

Visit

**[www.littlesteps.eu](http://www.littlesteps.eu)**

for more ideas for being  
active every day.

## Get active safely

- Gradually increase how much activity you do and how often you are active.
- Always start an activity slowly to allow your body warm up, and slow down as you finish to allow your body cool down.
- Set the right pace for you. If you feel any pain slow down or stop.
- Wear suitable clothing and footwear.
- Drink water before, during and after your activity – don't wait until you're thirsty.
- Use safety equipment where necessary, for example reflective armbands when walking or cycling, bicycle helmets.
- Be active in safe places – choose places that have good lighting, an even surface and are not too isolated.
- If you have a diagnosed chronic condition such as diabetes, heart disease, osteo-arthritis or symptoms such as chest pain or pressure, dizziness or joint pain, talk to your doctor before getting more active.

## Worried about weight?

**Getting active is good for your health whether you are overweight or a healthy weight.**

**Overweight** - getting active with a healthy diet can help you lose weight faster than by diet alone. It will also help you keep the weight off and tone your muscles. You may need to be moderately active for at least 60 – 75 minutes a day to lose weight.

**Healthy weight** - you need to be moderately active for 60 minutes a day to prevent weight gain. If you have lost a significant amount of weight, you may need to be moderately active for 60 – 90 minutes a day to prevent weight gain.





# The Get Active Challenge

Start by setting realistic goals for physical activity during the next 2 weeks.

Keep a record of what activity you do each day. For example, if you walk for 15 minutes and garden for 20 minutes fill in your record like this:

Day	Activity	Minutes	Total
Monday	walking	15	
Tuesday	gardening	20	
Wednesday			

## Moderate activity

Heart is beating faster than normal, breathing is harder than normal.

## Vigorous activity

Heart is beating much faster than normal and breathing is much harder than normal.

- For most people a brisk walk is moderate activity.
- You can get the same benefit from vigorous activity in less time – one minute of vigorous activity = two minutes of moderate activity.
- Remember you need to be physically active for at least 10 minutes.
- At the end of each week look over your record card – you may be surprised at how well you are doing.
- If it is difficult to find time or energy, try activities that you would enjoy more, or ask a friend to join you for support.

# Week 1

**Goal:**

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Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



# Week 2

**Goal:**

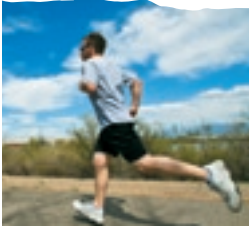
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Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Well done on completing **The Get Active Challenge.**

Now start again and increase the number of minutes each day and you will gain even more health benefits and feel good too.





[www.getirelandactive.ie](http://www.getirelandactive.ie)

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**[www.getirelandactive.ie](http://www.getirelandactive.ie)** or  
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the HSE Infoline **1850 24 1850**.

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