

IF YOU WOULD LIKE HELP STAYING ACTIVE



how to STAY ACTIVE

- **TRY SIMPLE BRISK WALKING.** Doing a 30-minute walk, 5 days a week will help reduce your risk of heart disease, cancer and diabetes. Break it up if needs be—try 15 minutes in the morning and evening.
- **SET REALISTIC GOALS.** Start small and build up your level of exercise slowly.
- **FIND SOMETHING YOU ENJOY.** Perhaps try an aerobics class or a game of five-a-side. Have a look on the Internet or check at your local Leisure Centre to find out what's going on in your area.
- **YOU DON'T HAVE TO GO TO THE GYM.** To get more active why not weed the garden, take the stairs or go for a walk.
- **INVOLVE A FRIEND!** Ask someone if they will join you on walks or at an exercise class. You can cheer one another on and help each other to stay committed.