

# Move More



*Feel Good!*

**A Guide to Getting Active**

**‘Whether you think you can or you think  
you can’t, you’re right!’**

**Henry Ford**

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Welcome to this guide to getting up and moving more. If you are reading this you are probably looking to make a change in your life to build new healthy habits and get fitter.

We've put together this handbook of useful information, tools and advice to help you on your journey. Our key advice is to start slow and do something you enjoy. That way you are more likely to make changes that stick and become new healthy habits.

Big change is the result of hundreds of tiny changes and they all count

Courtney Carver

## Moving more could be...

### Building strength



Lifting heavy objects... can be at a gym but could be the shopping or even a couple of cans of baked beans!



Yoga is good for this!



### Improving balance

This is important for older adults to reduce the chance of falls and reduce frailty.



But good too for everyone. Could be things like dancing, bowls or Tai Chi.

### Vigorous activity

Difficulty talking without pausing



Could be playing your favourite sport, climbing the stairs or going for a run.



Get Sweaty

### Moderate activity

Can talk, but not sing



Could be swimming, going for a walk or getting on the bike!



## Minimising sedentary time



# Why do you want to move more?

- Lifts your mood
- Improves learning ability
- Builds self-esteem
- Keeps your brain fit
- Keeps your body fit and able
- Boosts your mental health
- Boosts your immune system
- Reduces stress
- Makes you feel happier
- Has anti-ageing effects
- Improves skin tone and colour
- Improves sleep patterns
- Helps prevent strokes
- Improves joint function
- Improves muscle strength
- Alleviates anxiety
- Sharpens memory
- Helps to control addictions
- Boosts productivity
- Boosts creative thinking
- Improves body image
- Gives you confidence
- Helps you keep focused in life
- Improves eating habits
- Increases life span
- Strengthens bones
- Strengthens your heart
- Improves posture
- Prevents colds
- Improves appetite
- Improves cholesterol levels
- Lowers risk of certain cancers
- Lowers blood pressure
- Lowers risk of diabetes
- Fights dementia
- Eases back pain
- Decreases osteoporosis risk
- Reduces feelings of depression
- Prevents muscle loss
- Increases energy and endurance
- Increases sports performance
- Increases pain resistance
- Improves balance and coordination
- Improves oxygen supply to cells
- Improves concentration
- Helps self control
- Lessens fatigue
- Increases sex drive and satisfaction
- Makes life more exciting
- Improves quality of life

The reasons why any of us want to move more are unique to us. There are many benefits to getting more active but identifying which ones are most important to you will help you to overcome the barriers that might stop you moving more. Pick your top three and say why they are important.

1

2

3

# What do you think of exercise?



Let's start by finding out what your relationship is with exercise. Take some time to reflect on the following questions and answer as honestly as you can. The answers will help us to find a route to movement that suits you.

**What kind of activity did you enjoy at school or when you were younger?**

**What have been your experiences with exercise?**





Do you have mixed emotions when it comes to the words 'exercise' and 'activity'. We know it can be hard to find the time and motivation to get moving and keep moving. We want to begin by looking at what kind of movement makes you feel good!



## For the Feel Good fun of it!

We must enjoy the movement we are doing in order for it to be sustainable. We can't hate running and expect it to stick.

But because of the fitness craze many of us have participated in things we don't enjoy.

If you've lost your joy for exercise, think back to your childhood and recall your favourite ways to move back then when it may have felt less loaded.



### Do what feels good!

Take time to figure out what feels good to you. Dance, run, swim, bike, heck, even join a circus class.

But most importantly, be kind to and patient with your changing body. Pay attention to what feels good and makes you want to keep coming back, again and again.

If you can achieve that, you're on your way to the golden ticket: sustainable, healthy movement.

### Know why

The idea is to stay consistent.

Establishing a solid "why" or motive to your action is essential for those days when it's tough to get going.

### From little wins come great things!

Wins don't have to be drastic. They could be.

- You are sleeping much better
- You have more energy
- You're more motivated
- You feel happier
- You have made some new friends

There are endless benefits to exercising that don't involve standing on a scale that may or may not move.

### Great Expectations?

Stop putting harsh demands and expectations on your body if it doesn't perform or look as it used to. It's unrealistic and unfair.

Our bodies are amazing and deserve their due respect.

### Listen to your body

We can't turn back time, no matter what Cher wishes. Our bodies are evolving, expanding, shrinking, birthing, and ageing, and that is okay.

**SHIFT YOUR PERSPECTIVE,  
FROM EXERCISE TO MOVEMENT,  
THEN ADD JOY!**

# How much do you move?



A good place to start is to look at how much you move at the moment. It's important that you are honest so that you can see where you are and decide what you want your goals to be. We have included this chart to help you think about the different parts of your life that can give you an idea of how active you are. What you do in your job/day to day, time spent doing other activities and how fast or slow you walk.

## What kind of physical activity do you do in your job/day today?



I spend most of my time at work sitting (such as in an office)



I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder etc.)



My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener)



My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)



## During the last week, how many hours did you spend on each of the following activities?

	None	Some but less than an hour	1 hour but less than 3 hours	3 hours or more
Physical exercise such as swimming, jogging, aerobics, football, tennis, gym, workout etc.				
Cycling, including cycling to work and during leisure time.				
Walking, including walking to work, shopping, for pleasure etc.				
Gardening, DIY.				
Housework, childcare.				

## How would you describe your usual walking pace?

Slow 3 mph or less



Steady or average



Brisk



Fast + 4 mph





Moving more really is one of the best things you can do for your health. Knowledge is power, so understanding the benefits of exercise and the risks associated with a sedentary life will help you to find the motivation you need.

Regular activity reduces your risk of...



dementia by up to 30%



hip fractures by up to 68%



depression by up to 30%



cardiovascular disease by up to 35%



type 2 diabetes by up to 40%



colon cancer by 30%



breast cancer by 30%

## Live longer & stronger

Make every day activities easier, strengthening muscles and improving the range of movement.



Creates opportunities to meet new people and feel part of the community.

Can alleviate symptoms and help manage many current health conditions, including cancer, autoimmune diseases, allergies, metabolic disease, type 2 diabetes.



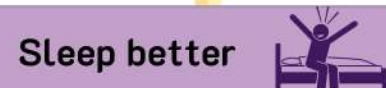
Improves mood



Manage weight



Increased energy



Sleep better

## Physical activity

Body movement that expends energy and raises the heart rate.

### Sport

Includes swimming, rowing, fitness training, climbing, parkour, tennis, organised sports.

### Active recreation

Includes dance, yoga, active play, recreational walking or cycling.

### Sedentary

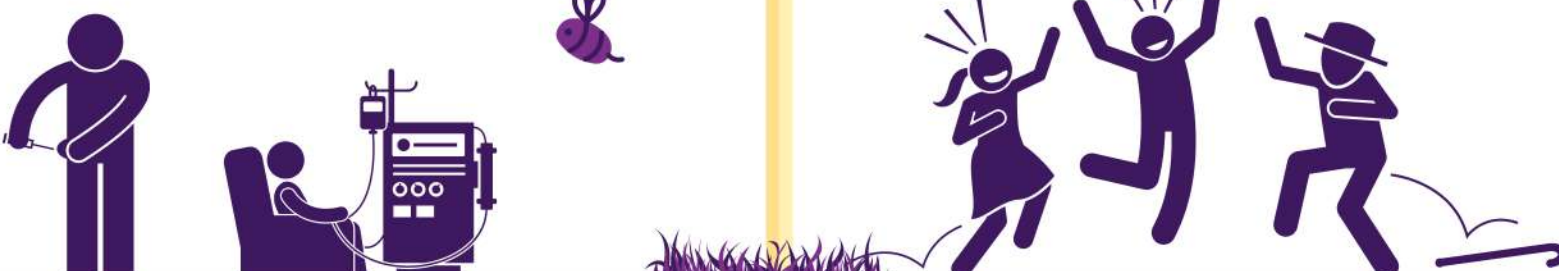
Time spent in low energy postures, e.g., sitting or lying.

### Inactivity

Less than 30 mins physical activity a week.

### Everyday activity

Includes cycling, walking, heavy housework, active or manual work.





## What activities should I do and when?

- To feel better in your mind and body, aim to move more every day.
- If you haven't exercised for a long time, it is important to start with small increases in activity and gradually build up how much exercise you do.
- Any activity is better than none.
- Over time, you'll get fitter and be able to do more.
- Different types of exercise have different benefits.

## Types of exercise

- **Aerobic exercise**
- **Strengthening**
- **Balancing**

### Getting sweaty!

Get your heart and lungs working



Feel out of breath



Get warm and sweaty



### Making Muscles

Develop stronger muscles



Stay independent

2 days a week



Stretch after these exercises



### Bring on the balance

Strengthening exercises also help to improve your balance



2 days a week



### Warming-up

Before doing any exercise, always remember to warm up first. Warm-ups are important to get you ready for exercise and prevent injury.



### Cool-down exercises

After any form of exercise, you should complete a cool down. Cool-down exercises and stretches help you recover after exercise.

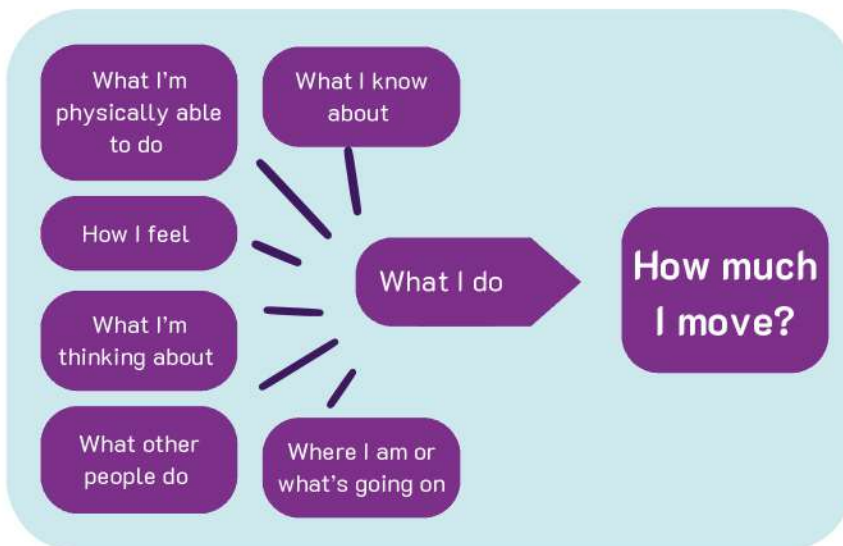
See our handy guide later in the booklet!



## Know Your Context

It's important to know where you are in your life and what is going on around you to be able to make your move more changes stick.

There are some things that you have no control over and you will need to work around. But there will be other areas that you can change. It's important to concentrate on the things you can change, rather than those you have no control over.



What are the things that influence you?





## Beat your barriers!

There may be many reasons you find it hard to get active. This chart will help you to figure out what your main barriers to getting moving are.

### Benefits & Gains

### Losses & Costs

**Staying as I am now**

What are the positives of not moving more?

What are the negatives of not moving more?

**Moving more**

What will be the benefits of moving more

What is going to make moving more difficult?

Identifying the barriers to moving more is the first step to overcoming them. It's worth spending some time thinking about what your main barriers are.

Then think about how you could overcome those barriers. We've given you some examples to start with but left space for you to include your own.



I'm too busy to exercise!



I'm too tired to exercise



I don't like exercise



No facilities near me



Can't get to the gym



I'd feel self conscious



The British weather!



I can't afford it!



I have a long term condition



I'm not sporty

## Problem Solving

If you're juggling a lot of things, you might find planning ahead and find some time. Your wellbeing is worth it and it will give you more energy in the long run. .

*If you're juggling childcare, look for classes or facilities that offer a creche.*

Combine exercise with something that is already part of your day, that way you can make it a habit. It takes 3 weeks to form a habit!

*Don't feel fit enough to do exercise. It's really common to feel this way. Remember, you're not alone. There are plenty of others, just like you, looking to get active.*

Don't worry about getting it right – just enjoy yourself. Take your time – move at your own pace. Find places to exercise that put you at ease. It's ok to have a few 'wobbles' – we all have them.

*Too tired? regular moderate activity can help you to reduce fatigue and manage stress*

If it's about not wanting people to see you exercising, a solution could be to start with exercises at home, or going at quieter times of the day, going with friends etc.

*No time? do small chunks of movement throughout the day. Why not dance to your favourite tune while waiting for the kettle to boil?*

Buddy up. Having someone with you will help you to stay motivated and you can hold each other to account and encourage each other. Plus its more fun!

*If sport doesn't interest you find something that does. Wild swimming, dancing, going for a walk... what moves you?*

Enjoy how exercise makes you feel rather than what you look like. Don't compare yourself to others – you're doing great, just as you are.

What solutions could you put in place?

What are your main problems?



## How hard should I work?

It depends what you're doing and who you are!

### Here's a guide:

For aerobic activity

- You want to feel moderately - somewhat severely breathless
- You may feel slightly sweaty and
- Your heart should beat faster too

During strengthening exercises,

- You should work your muscles hard for a short time until the muscles feel tired
- You may also get a 'burning' sensation which is normal

During aerobic activity, a quick way to check if you're working at the right level for you is to say out loud:

### 'This activity is doing me good!'

- If you can say the sentence with one or two stops for breath, you're working at a moderate intensity. This is your aim
- If you can say it comfortably without stopping, increase the intensity
- If you can't speak or can't say more than one word at a time, slow down and try to get your breath back a little on the go. Don't stop suddenly

## The talk test

This walk is doing me good!



I don't know that one, can you hum it?



### Sedentary

Breathing hasn't changed



### Slight

Easy to breathe and carry on a conversation



### Moderate

Breathing more heavily - can carry on a conversation but it requires more effort.



### Somewhat vigorous

On the verge of becoming uncomfortable, conversation requires maximum effort



### Vigorous

Difficult to maintain exercise or speak



### Maximum

Full out effort - no conversation possible



## That's NEAT!

### Everyday activities

Non-exercise activity thermogenesis NEAT

The energy burned during non-exercise activities like putting the washing away or dancing in the shower are some of the big ways you can make more moves in your day.

You can move more in all kinds of ways, it doesn't always mean a trip to the gym.

## What are your NEAT moves?

Assuming you sleep for 8 hours a day, that means we have the opportunity of using the other 67% of our day to increase our NEAT.

What do you already do?  
What could you do?



### Eating

Thermic Effect of Food (TEF)

When we eat food our body has to use energy to break the foods down so we can use the energy inside.

### Getting Sweaty

Thermic Effect of Physical Activity (TEPA)

We use energy by doing exercise. Generally the harder you push yourself and the higher you get your heart rate, the more energy you burn.

### Being alive

Basal Metabolic Rate (BMR)

The majority of the energy we use is just being alive. That's organs working and blood pumping. This makes up about 60% of your energy requirements.



## Small steps to moving more



### 1 Making small changes

Making small changes to your routine and doing small bursts of activity across your day all add up and help you move more.

- A 10-minute seated or yoga workout in the morning
- A cycle or walk with your household at lunch
- Playing with your children in the garden or park
- Even moving when talking on the phone

### 2 Do something you enjoy

If it's fun you're far more likely to keep doing it.

- Try out different activities until you find what works for you
- Buddy up with someone, this can help when motivation dips
- Listening to music can also make it more enjoyable

### 3 Make a plan & set goals

Focusing on what you want to do each day can make a difference. Giving yourself a target can help with motivation. Could be...

- Walking for a set amount of time at lunch, every day for a week
- Sitting down for no longer than you decide, at any one time

### 4 Start slowly

Starting slowly and building up gradually can help to avoid sore muscles and joints.

For more structured activities a warm up and cool down stretch will also help.

Start making notes of the small steps you could make



## 5 Listen to your body

Pace yourself, only do what feels comfortable, especially if you have a health condition.

- On your good days you could do a little more
- On 'down' days you can do less
- Just remember that small amounts of activity all add up
- If you feel you've done too much, make a note to do slightly less next time until you gradually build it up.

## 6 Build new habits

Try to do something everyday and keep trying new activities that inspire and motivate you.

- Doing activities at the same time every day can help you build activity into your routine
- Regularly thinking about how you can meet your goals can also help to create a habit

## 7 Get outdoors

Whether it's your surrounding area, a park or your garden, getting outdoors can boost your mood and reduce anxiety.

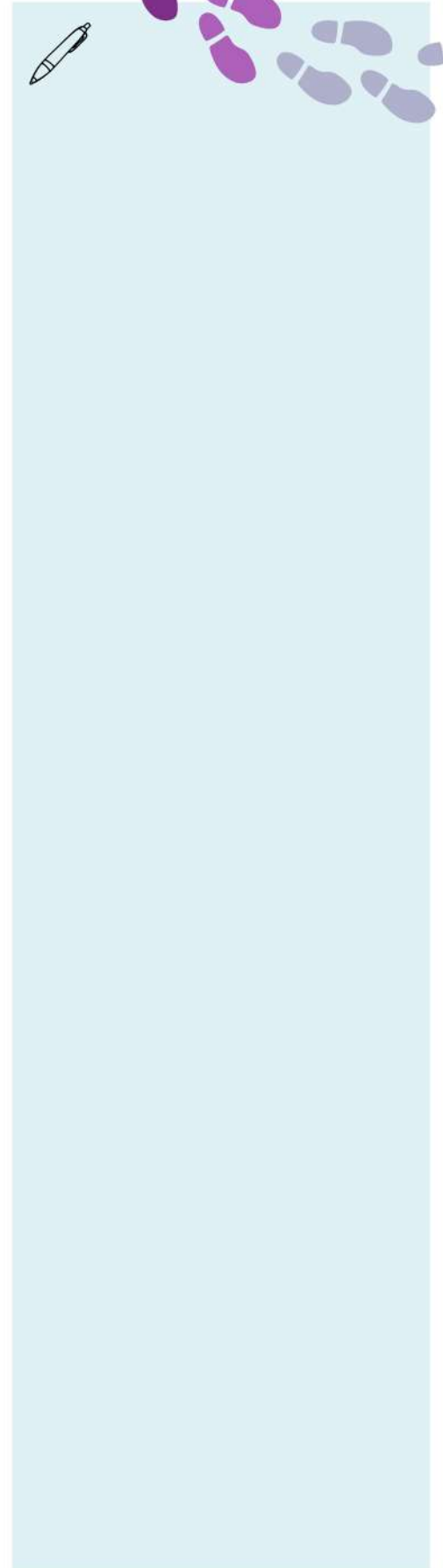
## 8 Get Comfy

Wear something comfortable, you don't need all the expensive kit.

- For some activities like running, wearing supportive footwear can help you feel safe and more comfortable
- While when cycling, we recommend that people wear helmets for their own safety

## 9 Stay hydrated

Water makes up about 60% of your body's weight, so if you're getting sweaty you need to hydrate and water is needed to make sure everything works properly.





## Tick the options that sound appealing and start planning!

Leave the car at home for short trips out and about.

Lift some weights. At the gym or with some tins from the kitchen!

Park the car at the far side of a car park.

Make an obstacle course. Made to fit your abilities and great family fun.

Avoid lifts and escalators –use the stairs

Hula hooping? With a weighted hoop or your kids, great for flexibility.

Walking – check out the Wellbeing Walks!

Skipping? Get yourself a rope and see how long you can keep going!

Get off the train or bus one or two stops early to fit in a walk to work.

Taking an exercise class? Could be Zumba, Spin or Aerobics.

Walk and talk whilst on the phone. Or try walking meetings!

Going bowling? Great for flexibility and coordination.

Meet friends for a walk - take a look at the local walks on your doorstep.

Trying boxercise? You don't need an opponent or gloves!

Getting outside and being in green space or at the beach!

Play frisbee! Fun with the family and your dog will love it!

Trying Yoga and Pilates? They help to build strength and flexibility.

Having a kick about. Get a ball and kick, catch or dodge.

Cycling - a great way to make a day of it, especially in a group.

Gardening? Get a spade and clear the weeds - sweep the results!

Swimming! Whether its wild swimming or in a pool it's great fun.

Clean the car. Get the kids involved and have some fun!

Dance? You could join a class or just put on your favourite tune and boogy!

Cleaning the house? Get your heart going and love the results. Tidy!!

Do sport? What ever kind of sport you prefer there are loads of options locally.

Trying martial arts? Meet people, build confidence and get active!

Watching TV

Reading a book

Playing/working on the computer

Stretching

Yoga

Walking 2 mph

Tai Chi

Water aerobics

General gardening

Golf

Walking 3 mph

House cleaning

Cycling less than 10 mph

Dancing

Tennis doubles

Canoeing

Swimming

Weight lifting

Basket ball & other catch and throw sports

Heavy gardening, digging, hoeing

Cycling more than 10 miles an hour

Circuit Training

Hiking or cycling uphill

Football - or other sports which need running

Skipping rope

Playing tennis - singles

Running 8 miles per hour

## Start slow and build it up

Generally some activities are more intense than others, but we all respond to activity differently. One persons morning jog would be another persons marathon. But that's OK, the key is to listen to your body.

As you continue to move more you will notice that what was once a trek becomes a pleasant walk. It's good to track your progress and help you see how far you've come.

## How you moved?


## How intense it felt

After first time

After 2 weeks

After first time	After 2 weeks

## Your wellbeing

**Mood**

**Sleep**

**Energy levels**

**Stress levels**



## How to warm up

Warm up properly before exercising to prevent injury and make your workouts more effective.

### March on the spot for 3 minutes



Start off marching on the spot and then march forwards and backwards. Pump your arms up and down in rhythm with your steps, keeping the elbows bent and the fists soft.



### 60 heel digs

For heel digs, place alternate heels to the front, keeping the front foot pointing up, and punch out with each heel dig. Keep a slight bend in the supporting leg.

### 30 knee lifts



To do knee lifts, stand tall and bring up alternate knees to touch the opposite hand. Keep your abs tight and back straight. Keep a slight bend in the supporting leg.



### Knee bends

To do knee bends, stand with your feet shoulder-width apart and your hands stretched out. Lower yourself no more than 10cm by bending your knees. Come up and repeat. 10 repetitions.

### Shoulder rolls



For shoulder rolls, keep marching on the spot. Roll your shoulders forwards 5 times and backwards 5 times. Let your arms hang loose by your sides. 2 sets of 10 repetitions.



This warm-up routine should take at least 6 minutes. Warm up for longer if you feel the need.

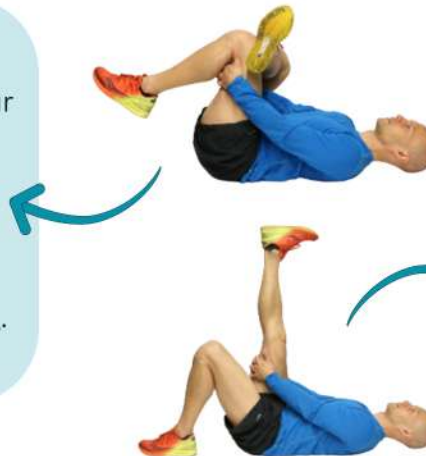


## How to cool down

Use this routine to cool down after a workout to gradually relax, improve flexibility and slow your heart rate.

### Butt stretch

- Lie on your back and bring your knees up to your chest.
- Cross your right leg over your left thigh.
- Grasp the back of your left thigh with both hands.
- Pull your left leg towards your chest.
- Repeat with the opposite leg.
- Hold for 10 to 15 seconds



### Hamstring stretch

- Lie on your back and raise your right leg.
- Hold your right leg with both hands, below your knee.
- Keeping your left leg bent with your foot on the floor, pull your right leg towards you keeping it straight.
- Repeat with the opposite leg.
- Hold for 10 to 15 seconds

### Inner thigh stretch

- Sit down with your back straight and your legs bent.
- Put the soles of your feet together.
- Holding on to your feet, try to lower your knees towards the floor.
- Hold for 10 to 15 seconds



### Calf stretch

- Step your right leg forward, keeping it bent, and lean forwards slightly.
- Keep your left leg straight and try to lower the left heel to the ground.
- Repeat with the opposite leg.
- Hold for 10 to 15 seconds

### Thigh stretch

- Lie on your right side.
- Grab the top of your left foot and gently pull your heel towards your left buttock to stretch the front of the thigh.
- Keep your knees touching.
- Repeat on the other side.
- Hold for 10 to 15 seconds



I like a bit of Simon and Garfunkel

Cool down not chill out!!



These gentle stretches should take about 5 minutes. Spend more time on them if you feel the need.







**Surely,  
a step  
is a step  
is a step?**



Differing advice is often given over how many steps is good for our health, with 10,000 steps a day as the most quoted.

But guidelines advise at least 30 minutes of moderate intensity activity per day and this translates to only 3000 - 4000 steps.

## How many steps is enough?



How many steps you take in a day isn't the main factor to consider. Lots of those steps will be low intensity steps taken with everyday movements. These are unlikely to contribute much overall health benefits.

Public health guidelines say that effective steps are of 'moderate intensity'.

- What this means in practice are steps of around 100 per minute.
- And this step rate should be kept up for at least 10 mins.
- So adding 3000-4000 moderate intensity steps a day is a good goal to start with. Your ultimate aim maybe to reach 30 mins a day
- If it seems too much then break it down into smaller chunks.
- Try short bouts such as 5-10 mins and build up over time.



Increasing physical activity for many of us can be difficult, not just physically but also practically and emotionally.



**Walking is one of the easiest ways to get more active.**

## Not all steps are equal.



Don't forget though that we are not all the same.

Do what you can.

Remember that even small amounts of movement can help improve health.



You seen this app Dave?

Take motivation from the words of Confucius

**'A thousand mile journey begins with the first step'.**





## Wellbeing Walks

Feel Good Suffolk offers over 70 free, guided Wellbeing Walks across the county a month, varying from countryside walks to urban walks. Every walk is graded from 1 to 5 based on difficulty, ensuring there is something for everyone.

Wellbeing Walks are a great way of getting more active, meeting new people, and taking care of yourself.

Our Wellbeing Walks are led by dedicated volunteers, many of whom started as walk participants themselves. Our volunteers want to share their love of walking with others as they know first-hand how valuable walking is to our health and wellbeing.

## Benefits of walking

A brisk, daily 10 minute walk has lots of health benefits and joining a walking group can help you stay motivated.

A regular walk can help you:

- manage health conditions
- build stamina
- improve your sleep
- boost your energy and mood
- lower anxiety and stress



### Grade 1

A short walk (up to 30 minutes), slower pace and over easy, flat terrain. They are open to everyone but are especially aimed at those who are less active, and it is suitable for wheelchair users.

### Grade 2

A progression from grade 1, taking a bit longer (up to 60 minutes) and on mainly flat terrain.

### Grade 3

This is a leisurely walk (up to 75 minutes), usually around 2 miles.

### Grade 4

A more challenging walk, may include some steeper slopes, rough ground, or mud in wet weather. (Between 60-90 minutes).

### Grade 5

A challenging walk (up to 90 minutes) around 3 miles. It can include stiles and uneven and varied terrain. Often include steeper slopes/hills and likely to be faster in pace.



## Active Families

### A bundle of ideas for you to have a bundle of fun!

One way to help you move more is to do it with someone. Which is great for families! Moving more together is a great way for everyone to develop good habits.

**10 min bursts are good for kids.**

Kids can lose interest quick, so keep the 10 minute rule in mind. 10 minute bursts followed by a 5 minute lull before getting active again.

Create an obstacle course



Play ball

An hour doing household chores



Wet day workouts



3 legged races



Or Geo-caching



Play follow the leader



Free the Frisbee

Go on a treasure hunt

Wheel barrow races



Who can hula hoop ?

Wash the car



Plan a garden together



Spend an hour gardening



Move more mile

- train to run or walk a quarter, then half and then a whole mile



Disco

Hop scotch



Go on a 'fun hunt' aka - go for a walk





## parkrun

... or walk, skip, hop, cartwheel...



- There are 26 weekly parkrun events in Suffolk.
- parkrun is a free, community event where you can walk, jog, run, volunteer, or spectate.
- parkrun is 5k and takes place every Saturday morning.
- **junior parkrun** is 2k, dedicated to 4-14 year-olds and their families, every Sunday morning.

parkrun is positive, welcoming and inclusive, there is no time limit, no one finishes last and everyone is welcome to come along.



For full details on all the events visit:  
[www.parkrun.org.uk](http://www.parkrun.org.uk)

## Walking and Cycling Routes in Suffolk



Discover Suffolk is a great guide to getting outdoors in Suffolk. It has lots of ideas of where to go and get moving!

Enjoy a casual stroll, a long-distance ramble, a weekend family bike ride, or even a cycling holiday.

Go to the Discover Suffolk website to search the interactive map at [discoversuffolk.org.uk/explore-suffolk/](http://discoversuffolk.org.uk/explore-suffolk/)





Feel Good Suffolk are working in partnership with your local leisure centres to provide a whole range of paid for and free exercise options.



To access free Exercise on Referral programmes you have to be referred by a healthcare professional and meet the criteria to access.

### Access Criteria

- Resident in Suffolk, aged 18 years and above
- People who are inactive
- Motivated to be more active

You should also have one of the following:

- A stable long-term health condition, e.g., diabetes, cancer
- A disability
- And no contraindications to exercise

Feel Good Suffolk can support the following cohorts to access wider physical activity provision:

- People with long-term conditions and limiting illness
- People with disabilities
- People from ethnic minority backgrounds
- People living in deprived areas/on low incomes
- Unpaid carers
- Pregnant women
- People exiting from rehabilitation services



01284 757473  
contactus@acleisure.com



Mid Suffolk Leisure Centre, Stowmarket  
01449 674980  
Stradbroke Swimming Pool & Fitness Centre, Stradbroke  
01379 384376  
everyoneactive.com



01473 433655  
ipswichfit.co.uk



Brackenbury Sports Centre, Felixstowe  
01394 270278  
Deben Leisure Centre, Woodbridge  
01394 388991  
Leiston Leisure Centre, Leiston  
01728 830364  
placesleisure.org/find-centre/



01603 430616  
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## Couch to 5K



Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, Josh Clark, who wanted to help his 50-something mum get off the couch and start running, too.

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

...at last the couch to myself!



## Active 10



The app is the first of its kind to show how much brisk walking you're doing and when you are doing this at a high enough intensity and long enough to get health benefits.

The Active 10 app tracks how much walking you do and also tracks how much of your walking is 'brisk'. Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping faster and makes you feel slightly out of breath.

I'm puffed mate, give us a minute!



# Free

The NHS websites also have a wide range of free exercise videos for people of all abilities. Both the Better Health website and the main NHS site have a stock of free exercise videos. These include instructor led exercise videos, aerobic exercises, strength and resistance training, pilates and yoga.



### Home Workouts

Follow along at home workout routines - no equipment needed.

[nhs.uk/better-health/get-active/home-workout-videos/](https://nhs.uk/better-health/get-active/home-workout-videos/)



### NHS Fitness Studio Videos

Pick from 23 instructor-led videos across a range of exercise categories.

[nhs.uk/conditions/nhs-fitness-studio/](https://nhs.uk/conditions/nhs-fitness-studio/)



Having a goal gives you something positive to work towards and helps you recognise your progress. Talk to your friends and family about them. Set yourself achievable goals and celebrate when you reach your goal!

- Think about what you enjoy doing
- Start at a level that's right for you
- Build up gradually, at your own pace



## My long-term goal

**What would you like to achieve in the next few weeks or months? How would you like to feel?**

Example:

*"At the moment I get the bus to the shops twice a week. By the end of next month, I will walk to the shops instead."*

## My short-term goals

Try to make these goals as specific as possible and include:

- What you'll do
- When you'll do it
- How long you'll do it for
- Who you'll do it with

My first short-term goal  
I will...

When will I do this?

Where will I do this?

Who will I do this with?

**Short-term goals help you gradually build up your activity levels to help you achieve your goal.**

Example:

*"At my exercise class, I will do two more repetitions of my arm exercises this week."*

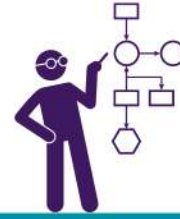
### Tip:

Work towards your goal with another person – it can be easier to stay motivated when you have company.



## It's all in the planning

What things might stop you achieving your short term goal? It could be the weather, feeling unwell or other commitments. Think about how you can overcome them.



### Things that could get in my way.

*Poor weather*

### To overcome this, I will...

*Dance at home instead of go for a walk for half an hour.*

If you don't achieve your goal, that's OK. Don't be disappointed with yourself. Think about what you did achieve, no matter how small.

Take some time to think about why you didn't achieve your goal...

- Was it too difficult?
- Did you give yourself enough time?
- Did you get enough support?
- Did you actually do the exercises?

Be honest with yourself. Also be kind to yourself and return to an easier activity if it was too hard. Or think about making changes to your goal to make it more achievable next time.

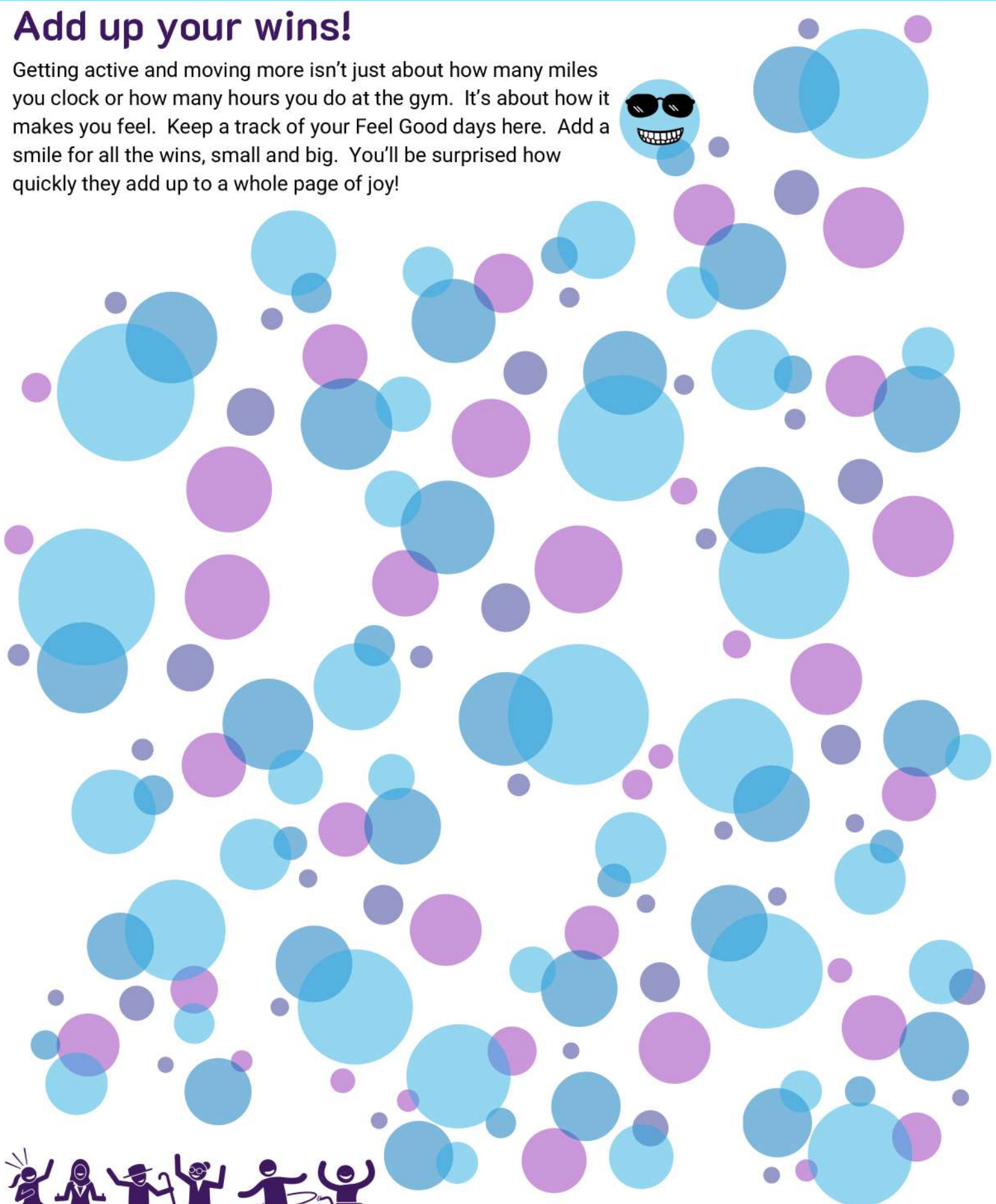


# Planning and tracking

Activity	Date	Date	Date	Date	Date	Date	Date
	How long or how many.						

## Add up your wins!

Getting active and moving more isn't just about how many miles you clock or how many hours you do at the gym. It's about how it makes you feel. Keep a track of your Feel Good days here. Add a smile for all the wins, small and big. You'll be surprised how quickly they add up to a whole page of joy!







## Use the 5-Minute Guide

When you're not sure if your body and mind are up for your scheduled workout, ask yourself,

*"What would five minutes of movement feel like?"*

If that sounds doable, ease into your activity of choice for five minutes. When that time period is up, check in with yourself:

- How do your body and muscles feel?
- What thoughts are going through your head?
- Then, ask yourself if you want to continue to move or stop there.

**5 minutes is better than none!**

# 5 Top Tips



### 1 Keep Moving.

Some movement is better than no movement! So keep getting up and moving. A good stretch every now and again can really help both the body and the mind.



### 2 Do What's Right for You.

Start gradually and allow time to build up your strength and resilience, especially with new activities. Pay attention to how your body feels. Doing too much could result in injury and can make you want to quit through fatigue and disappointment.



### 3 Plan Ahead.

Think about what sort of physical activities are appropriate and interesting. Setting SMART goals will help keep any targets manageable and measurable. Setting goals that are too ambitious can be disappointing if you don't achieve them.



### 4 Keep Track.

It is important that you keep a record of the activities you do. Making a daily tracker or downloading an app may help with this, as well as setting future activity goals.



### 5 Build Healthy Habits.

When you find a physical activity or movement you enjoy you are more likely to keep at it. Keeping at it is important because it will become part of your routine. Being with others can also help you to keep going and stay on track.