

GET MORE ACTIVE

Guide





ABOUT THIS GUIDE

Sometimes, the hardest part of making a change is knowing where to start. The great news is, by picking up this guide you already have made the **FIRST STEP** and this support pack is designed to continue to help point you in the right direction.

We understand that in today's society, Physical Activity is not always top of people's day to day priorities but using our knowledge and guidance we can help shape your activity that gives the benefits **YOU WANT** and is suitable to **YOUR NEEDS**.

We are all individuals and one size does not fit all, **LET'S MAKE IT WORK...**

IS EXERCISE GOOD FOR YOU?

Have a think about some of the positives and negatives of becoming more active to you and list them below...

ADVANTAGES

DISADVANTAGES

CAN I DO IT?

On a scale of 1-10, how confident do you feel about becoming more active?

1

2

3

4

5

6

7

8

9

10

Not very confident

Very confident

Why did you pick the number you did, and not nearer 0?

What would it take to get you closer to 10?

SMALL CHANGES... BIG DIFFERENCE

There's a lot you can do right now that will help you be more active. It needn't be a big change to your daily habits, but it could have a big impact on your health.

Try letting something go

Is there anything that doesn't get you active that you could do less of to make time for your health?

Walk more each day

Why not walk all or part of the way to the shops, to the local leisure centre or to work? Or use your lunchtime to get some fresh air and have a walk. Invite your friends or even take the dog on a longer walk.

Climb more stairs

Whenever you can, go up stairs instead of using the lift or escalator.
Or walk up the escalator.

Avoid sitting down for long periods

Take a break from sitting every 30minutes, for example when watching TV,
at your work station, at the computer or when you're driving.

Make a Date

Meet a friend on a regular basis and be active together.
Keeping each other company will keep you both interested.

I CAN'T DO IT... ASTRID'S STORY

On the route to work one day I was fat shamed, somebody actually slowed down his van to shout at me. His words, his cruelty, his utter disregard for the impact he would have on me, brought me to tears. I felt broken. I can remember every single time I've been fat-shamed. Where I was. Who said what. How I felt. It is not easy to shake and every time I have setback, I stop. But no, not this time.

The following day, I received an email saying I had been accepted on to Boudavida 10k run. I was at home when I got the email. My husband was gob-smacked, and a little concerned about how soon the race was. As was I, to be fair.

I have a friend who runs. She's been running for a couple of years, and had very recently done her first 10k. I told her about the race and she was so supportive and so generous and so proud of me that 36 hours after that bloke shouted at me I was close to tears for the entirely opposite reason. My friend didn't think I was too fat, or too unfit to do it. She thought I could do it, and that she would do everything in her power to help me.

I met up with a running group, it was a great chance to meet people and to learn from the team but it reminded me that I was so far behind everybody else. I had to adjust my expectations and accept my limitations. Part of me felt really defeated by this realisation but I know just being in that group, that team, changed me and had impacted

people around me. I had gone from somebody who wants to exercise but is too scared, to someone who thinks exercise will become a permanent part of her life, in just a month. Apparently it's that quick and easy to change a mindset.

And now I have my first race medal. I am so damn proud of myself. I was scared that morning, I felt sick, I didn't think I could do it. At the 3km mark I was close to tears and ready to quit. But I didn't. I spent a significantly higher portion of the race walking than I'd hoped, but I still did it within 1 minute of my race plan time. I was exhausted. Utterly spent. Walking back to the car was so much harder than the 10km had been.

A friend recently said that I've inspired her to exercise more - I think her exact words were "If Astrid can do it, I can do it". I start training for my next race on Friday. I've got the running bug. I'm fitter, healthier, more confident, stronger in mind and body and contemplating going back to Windsor in September 2018, just to see how much I've moved on in 12 months. I now exercise regularly, I go to the gym 3-4 times a week, I have a personal trainer, I exercise more in general - I'm more likely to walk than drive and I walk further and faster than I used to.

This Girl Can and Bloody Well Did!

GOAL SETTING

What do you want to achieve? Setting some goals will give you something to aim for.

Be **SMART** with your goals

Specific – What exactly do you want to achieve? Say *'I'm going to jog at lunchtime'* instead of *'I'm going to be more active'*

Measurable – Put a number on it and you'll focus much better. *'I'm going to jog for 30 minutes'* is better than *'I'm going to go for a jog'*

Achievable – Start small and easy, then you'll be more motivated to succeed. Try walking 15 minutes a day.

Relevant – If your goal doesn't make sense to you, it will be much harder to do. Don't say you'll run a marathon when you can only manage 5 minutes.

Timed – Give yourself a clear deadline for when you want to reach your goal, put it in your calendar and mark the days off!



THE NEXT STEP..

This action plan is your guide to success. Make a note of things you are going to do to get active.

What am I going to do?	Where am I going to do it?	When am I going to do it?	Who am I going to do it with?

GET READY

Staying active is a big challenge. Use your activity diary to help you plan ahead and set new goals. Chart your progress so you can look back at how far you've come over time.

Top Tips to keep progressing

1. Do things you enjoy

We're all more likely to do something and stick to it if we enjoy it.

2. Remember the positives

Think about how being active will help make you feel and how it may help in your day to day life.

3. Use Reminders

Use your phone, use the action plan, use post it notes, whatever will help to remind you to be active.



4. **Be creative and vary your activities**

Change the place or time where you do your activity or try something new to keep things exciting.

5. **Be Social**

Get your friends, family or neighbours involved. You can help each other and be active together.

6. **Be Ready to go**

Keep your walking shoes by the door or pack your gym bag the night before so you are raring to go!

7. **The most important thing is not to give up**

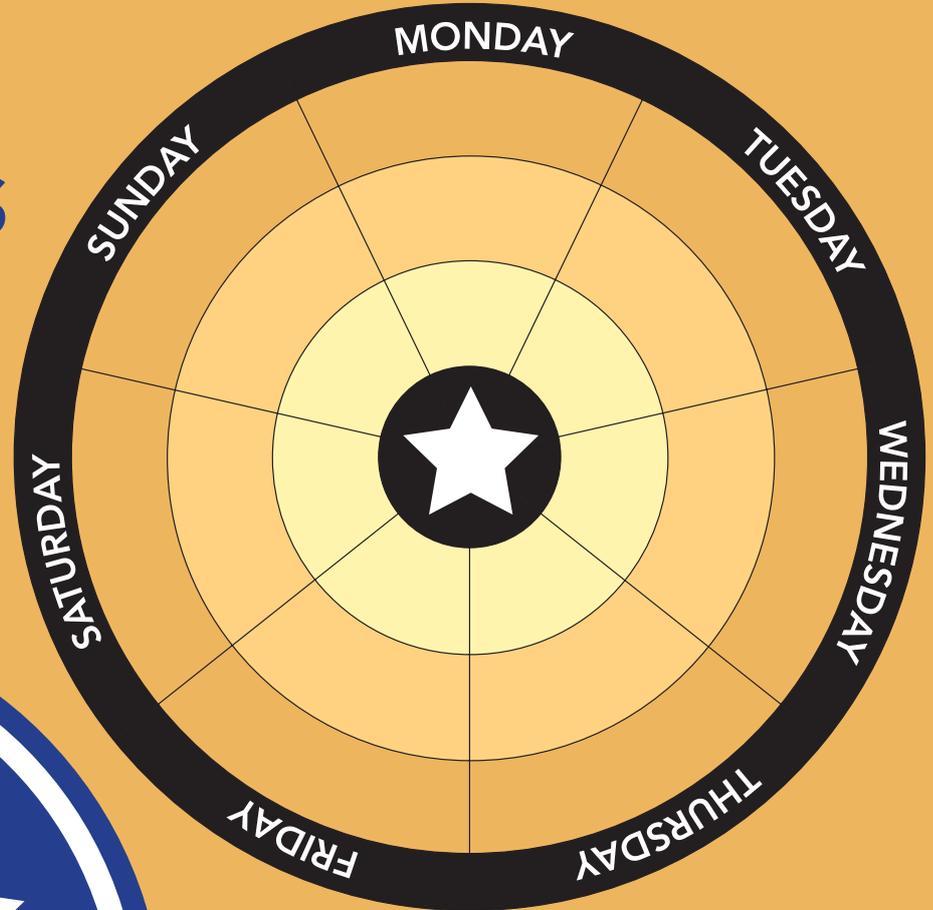
If you miss a day – just start again tomorrow. Your health is worth the effort now and in the future.



CHECK YOUR PROGRESS

The recommendation is 150 minutes of moderate intensity activity each week. Consider each segment to be 10 minutes.

**HOW DID YOU
DO EACH DAY?**



**DON'T FORGET
TO REWARD
YOURSELF**



USEFUL LINKS

Local Authority

Bracknell Forest –

www.bracknell-forest.gov.uk/leisure-services/leisure-facilities-bracknell-forest

Reading – www.readingleisure.co.uk/activities-adult/

Royal Borough of Windsor & Maidenhead – smilecharity.co.uk/events

Slough – www.slough.gov.uk/downloads/active-slough-timetables-poster.pdf

West Berkshire – www.westberks.gov.uk/index.aspx?articleid=29056

Wokingham – www.wokingham.gov.uk/sports-and-activities/

National Campaigns

NHS – www.nhs.uk/oneyou/active10

Change 4 Life – www.nhs.uk/change4life/about-change4life

Female Activity – www.thisgirlcan.co.uk

Mental Health – sportinmind.org

Health Walks – www.walkingforhealth.org.uk

Healthy Lifestyles – www.solutions4health.co.uk/our-services

Macmillan Cancer Support – www.be.macmillan.org.uk/be/s-840-move-more.aspx

CONTACT US

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