



Meet Physical Activity Guidelines

Break activity into manageable chunks

Remember, just 10 minutes of moderate intensity activity will benefit your health but try to accumulate 150 minutes of activity each week.

Do it together

Getting active with a friend, family member or work colleague is a great way to maintain motivation and help you to hit your goals.

Keep it simple

You don't need fancy equipment or expensive gym membership. Start off walking at a brisk pace during your lunch break. Do a few squats, press ups and planks in your living room. Try some strength exercise working major muscle groups twice a week.

Routine

Make physical activity a habit. It can take anywhere between one to eight months to form a new habit. Keep rewarding yourself by setting small achievable milestones along the way.

Raise the intensity

75 minutes of vigorous physical activity is just as beneficial as 150 minutes of moderate activity. Just remember you need to work a bit harder!

Always seek advice from a fitness professional before starting an exercise programme!