



Stay Active Long Term

Goal Setting

Sustaining behaviour change long term requires significant determination and discipline. Creating small, achievable and realistic targets along the way will make the process seem less daunting. Don't forget to reward yourself when you hit milestones.

Enjoy it

It seems obvious but if you find something you enjoy doing you are more likely to stick to it long term. It may require a little trial and error on your part. Try lots of different things until you find one you love doing.

Plan ahead

Ring fence time each week. This helps to establish routine and over time you'll be less tempted to sacrifice this time for another activity.

Be social

Involve your friends, family and work colleagues in your activities or join a local community group/class. This is particularly important if you perhaps struggle to motivate yourself.

Don't give up

You will encounter bumps and setbacks along the way. Remind yourself why you are doing it. Think back to the time you felt amazing and focus on trying to get back there.