

SMALL & SUBTLE CHANGES

To Increase Your Activity Levels

The Chief Medical Officer recommends that adults should be active for at least **150 minutes per week**. More information and the benefits of physical activity can be seen below.



12 SMALL & SUBTLE CHANGES To Increase Your Activity Levels



GO FOR A WALK

Walking is a great way to increase your physical activity levels. Why not walk not drive to the shop and reward yourself with a new magazine? Instead of meeting a friend for coffee at a café, arrange to go for a walk and a catch up. Can you beat your step count next time? Consider "walking meetings" at work when meeting with small groups of people. Find out more at (Lifehack.org). Walking can be a great boost for your mental health too, it can alleviate frustration and anxiety and promotes relaxation.



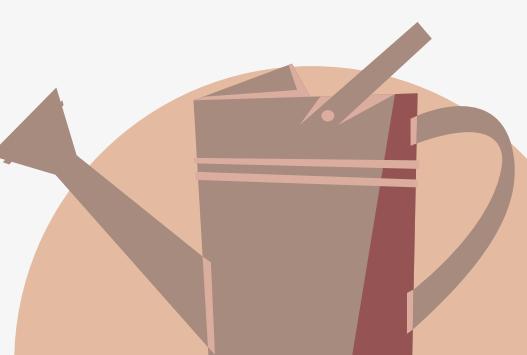
CLEANING

An intense cleaning session can burn up to 200 calories per hour (Lifehack.org).



PARK FURTHER AWAY

Build in extra walking by parking further away from your destination (Lifehack.org).



GARDENING

The health benefits of gardening are impressive. Gardening uses all the major muscle groups. Legs, buttocks, shoulders, stomach, arms, neck, and back all get a workout. Gardening also increases flexibility and strengthens joints (Garden.org).



PACE WHILE ON THE PHONE

Phone calls can be seen as opportunity to exercise. Pace around while we chat or throw on your headset to keep my hands free for a tidy session (Lifehack.org).



SET AN ALARM

Adults can sit for long periods of time. Set an alarm for every hour, so you remember to get up for a minimum of two minutes to stretch or walk around. (Lifehack.org).



INCLUDING EXERCISE INTO YOUR DAILY TASKS

Do a few squats while brushing your teeth or waiting for the kettle to boil. (acefitness.org).



STAND MORE SIT LESS

Stand or sit on an exercise ball at your desk instead of a chair (this builds core strength) (acefitness.org).



TAKE THE STAIRS NOT THE LIFT

Five minutes climbing stairs burns up to 150 calories (Lifehack.org).

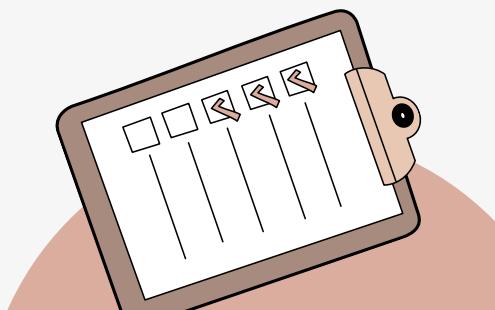


SWITCH YOUR TROLLEY FOR A BASKET



EXERCISE WHILST WATCHING TV

Do stretches or ride a stationary bike while watching TV. During commercial breaks do abdominal crunches, jumping jacks, push-ups, or simply get up and walk around (acefitness.org).



TIPS TO INCREASE MOTIVATION

Set yourself a physical activity goal. Ensure the goal is Specific, Measurable, Achievable, Realistic and Time-Bound (Lifehack.org). Or wear a good quality pedometer and aim for 10,000 steps per day (acefitness.org).

