

# Let's get moving



YOUR COMPLETE GUIDE TO

**BECOMING**

**MORE**

**ACTIVE**



# Welcome

Hello and welcome to Let's Get Moving – this is your guide to help you make the change and get more active.

By increasing your activity levels, you too can enjoy the benefits of an active lifestyle.

You may think that you don't have time for physical activities, you're too tired, too old, too unfit or that it sounds too much like hard work. However, building up to just half an hour a day on at least five days a week is all it takes to unlock a range of health benefits.

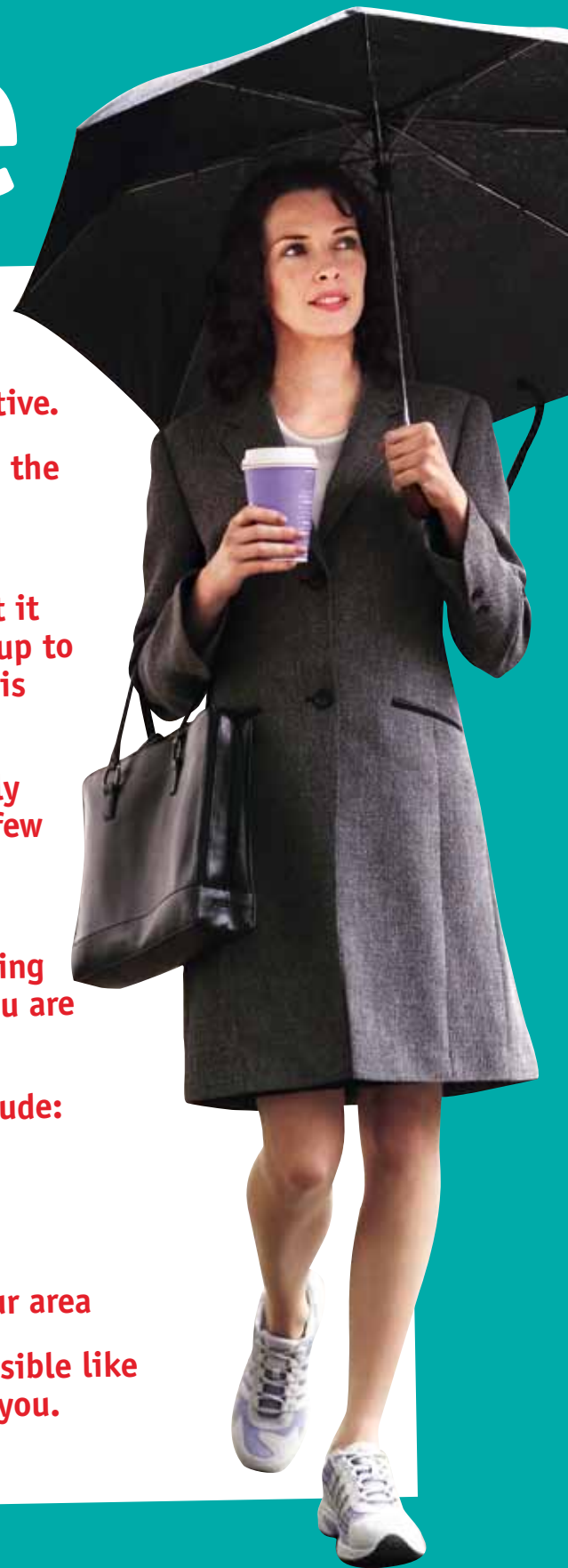
This could be something as simple as walking briskly instead of driving or getting the bus. After just a few weeks you'll notice the difference in how you feel.

This guide takes you through making the change – exploring how you could become more active, giving tips on getting started and how to keep going if you are finding it tough.

In the back of the guide there are leaflets that include:

1. An activity planner
2. Goal-setting sheets
3. Indoor and outdoor activity opportunities in your area

You can take these out and put them somewhere visible like on your fridge or desk at work, or carry them with you.



## THIS IS HOW I DID IT

**Karen Chaplin** joined a walking group and hasn't looked back. "Although initially I joined the group for my health, I am now finding the social side important, it's good for the mind, soul and body. I couldn't imagine my life now without my weekly walks with a great group of people."

# Make the change

## WHY AM I DOING THIS?

Everyone's nervous when they start something new, but there really is nothing to worry about. Getting active doesn't have to mean running a marathon or swimming the Channel. This pack is designed to help you get active slowly, by taking a little bit of time each day to do something that you enjoy. Everyone can be active and benefit from:

Fun with family and friends

More energy – which makes you feel good

Helping to maintain a healthy weight

A lower risk of heart disease, kidney disease, type 2 diabetes and stroke

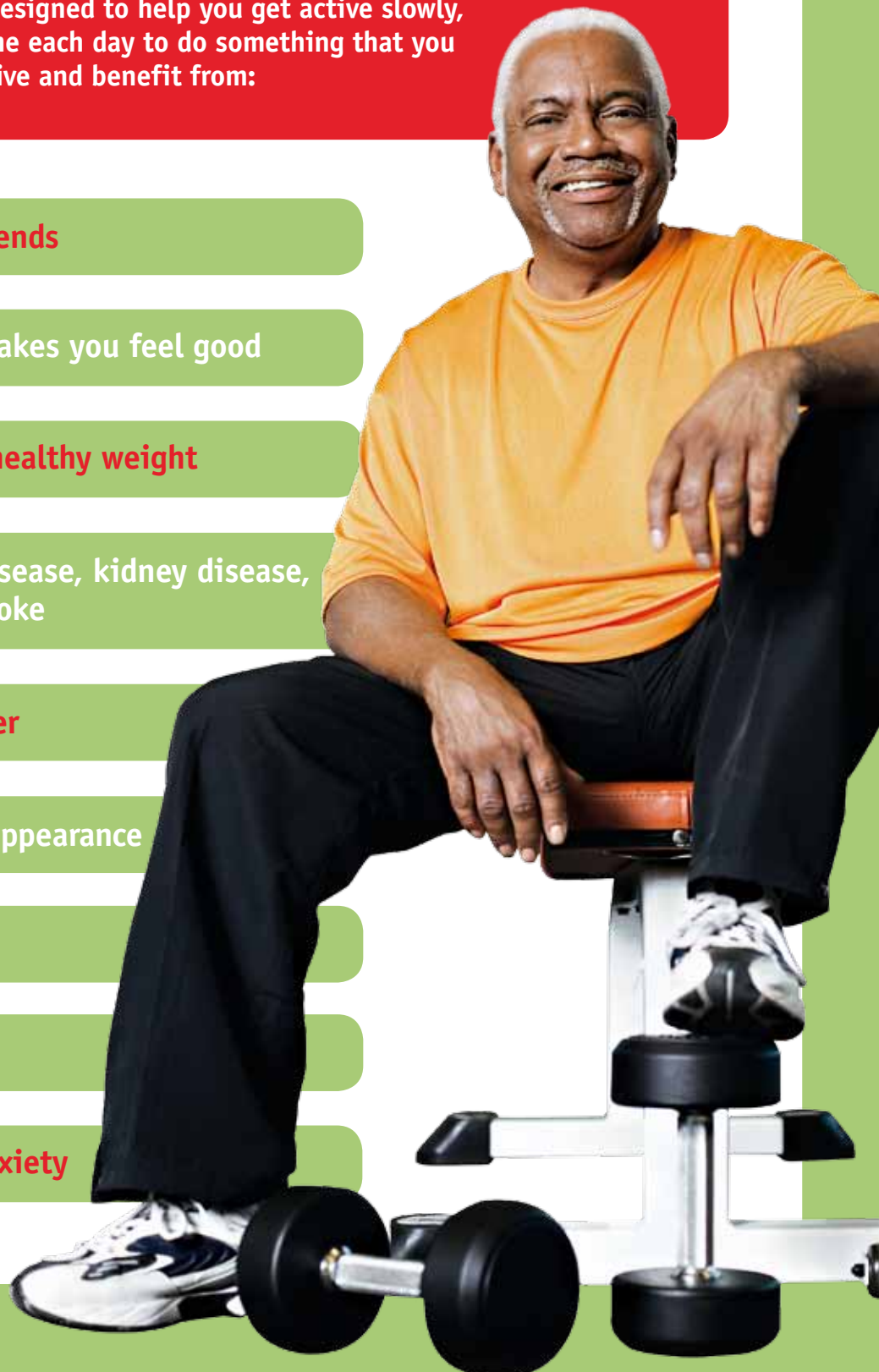
Being stronger and fitter

A healthier shape and appearance

Improved confidence

Lower blood pressure

Managing stress and anxiety



The following questions will help you start thinking about why it is important to you to become more active, and how confident you feel about it.

Look at the questions below and list the things that come to mind.



## HOW IMPORTANT IS IT TO ME TO GET ACTIVE?

Circle a number on the scale below:



Why did you pick this number on the scale and not a lower number?

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What would need to happen for it to become even more important to you to be more active?

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## BECOMING MORE CONFIDENT?

If you have decided to change, how confident are you that you'll manage to become more active and stay that way? Circle a number:



If you're not feeling too confident, don't worry. This is about taking one step at a time and making small changes. Think about past successes – something that you didn't think you could do and how you achieved it.

Why did you pick this number on the scale and not a lower number?

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What might help you be more confident about living a more active lifestyle?

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## POSSIBLE FUTURES

Now think about why you want to do this. Think how you'll feel, what you'll look like and what you'll be able to do that you can't do now. Also, think about what might happen if you don't become more active.

What are the three most important benefits you would hope to see if you become more active?

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Imagine you decided to become more active, and you maintained an active lifestyle for the next 4-5 years. What would it be like for you? How might things be different?

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Imagine you decided not to become more active, but to stay as you are. How do you think things would be in 4-5 years' time? What might be different?

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Check your responses regularly to remind yourself why this is important to you.



## HOW MUCH ACTIVITY SHOULD I AIM FOR?

Working towards 30 minutes of moderate activity at least 5 times a week is important if you want to enjoy a healthier lifestyle. Moderate activity is different for everyone depending on personal fitness levels. It's about how you feel when you are being active – the description below explains how you will feel when you've achieved a moderate level.

## HOW SHOULD I FEEL WHEN I'M ACTIVE?

You should be aiming to reach moderate intensity on the chart below:

### LIGHT INTENSITY

You are breathing easily and conversation is easy.

### MODERATE INTENSITY

You are able to talk but you notice that your breathing is quicker and deeper, your body is warming up, your face may have a healthy glow, and your heart will be beating faster than normal but not racing.

### VIGOROUS INTENSITY

You are breathing very hard, are short of breath, you cannot carry on a conversation and your heartbeat feels rapid.

As you get fitter, you will find that activities become easier.

## THIS IS HOW I DID IT

**Barbara Lobley** did no exercise and had very low confidence. But then she joined a walking buddy scheme, preparing her for a walking group. "Due to my weight I wasn't very mobile at all. This scheme has given me the opportunity to lead a more active life and the motivation to carry on with my weight loss programme."





## RIGHT, AM I READY? WHAT NEXT?

Starting to be more active is about gradually building up the amount you do and doing something that you enjoy which fits into your everyday life. The good news is there are a number of ways to do this.

Here is a list of things people do when they start to become more active:

- Walking
- Swimming
- Playing a sport, eg badminton, football or bowls
- Cycling
- Going to the gym
- Nature conservation
- Gardening
- Dancing
- Stretching exercise, eg yoga or pilates

Do you think any of these might work for you?

## PLANNING FOR CHANGE

If you did decide to become more active, what would you like to achieve or how would you like to be different in 3-4 months' time?

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When you're trying to make changes to your life, it really helps to set yourself personal goals. Think realistically about what you want to do, when you're going to do it, and build up your activity level gradually.

Look at the example below. It doesn't just say going for a walk, but it also says how long for, where and when. At the back of this pack there is a sheet where you can write down your own goals.

I will go for a walk (insert activity)  
on Tuesday (day) at lunchtime (time)  
at the park (where)  
for 30 minutes (duration of activity)

Look in the wallet for your activity goal sheet



## BRINGING IT ALL TOGETHER

1. The reasons I want to become more active are:

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2. I will know I have been successful when:

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3. This is what I am going to do to be successful:

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4. Other people can help me by:

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5. Things that might get in the way of my plan are:

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6. I will get round these by:

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## WHAT IF I'M FINDING IT TOUGH?

Some people find that becoming more active is hard. Having clear goals, keeping going and having support can all be really helpful to your success. Some of the things which other people have found helpful in their efforts to become more active include:

- Reminding yourself of the reasons why you want to become more active
- Keeping these reasons (or your goals) somewhere you can see them
- Using your activity diary to record how you improve
- Sharing your plans with other people
- Becoming more active with other people, such as family or friends
- Making sure the activities are fun and enjoyable
- Changing the activities to keep them enjoyable
- Joining a group or club
- Not being disheartened if you miss a session, remembering just to keep going
- Booking another appointment for more support from your GP surgery



## THIS IS HOW WE DID IT

### "I'm definitely not as tired as before"

Emma Bradley joined her local Get Back Into Netball scheme, which "has had a big impact on my life," she says. "As well as having fun and meeting new people, I have lost weight and got more active, encouraging me to get involved in other sports."

**Emma Bradley**

### "Exercise helps me clear my mind"

Ben Cavey overcame depression through counselling and running. He says, "Exercise relieves me when I'm stressed or feeling anxious. It's such an escape." **Ben Cavey**

### "Come on, join us!"

Hannelore Ely has arthritis, but soon after a joint replacement she joined the Health Walk scheme through WHI. She explains, "Just because you suffer from painful arthritis, have a heart problem or some other activity-limiting condition, or maybe just you're in your later years, this should not stop you taking part in health walks. I love to meet all my new friends twice a week. It is a firm date in my calendar and I am walking my way back to 100% fitness again. If I can do it as a 'senior citizen', you can!"

**Hannelore Ely**

## WHAT COULD I DO?

- **WALKING GROUPS:** a led walk with a trained walk leader, where you can meet new people and walk an interesting route, for all levels of ability. Check out Walking the way to Health ([whi.org.uk](http://whi.org.uk)) or The Ramblers ([ramblers.org.uk](http://ramblers.org.uk)).
- **GREEN EXERCISE:** including gardening, nature conservation and anything which involves getting active outdoors that helps improve your local environment. You could apply for an allotment through your local council or find out about conservation schemes through BTCV ([btcv.org.uk](http://btcv.org.uk)).
- **SPORTS CLUBS:** local voluntary sports clubs where you can join in and meet others interested in your activity. Activities vary from football to kayaking to running to archery. Some sports offer introduction schemes such as Get back into Netball.
- **ACTIVE TRAVEL:** walking and cycling to work or the shops, or even a bit of the way. Try leaving your car at home or getting off the bus a stop early.
- **LEISURE CENTRES:** local authority and private gyms where you can try out classes or just use facilities to swim, do yoga, dance, or play tennis. You can find out more on your local authority website or through the Fitness Industry Association ([fia.org.uk/choose-a-gym.html](http://fia.org.uk/choose-a-gym.html)).
- **PARKS AND OPEN SPACES:** lots of parks have facilities for ball games like basketball and tennis, as well as greenspace for walking, jogging, football and other activities.

## YOUR NEXT APPOINTMENT IS:

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Search for activity locally at: [nhs.uk/letsgetmoving](http://nhs.uk/letsgetmoving)

## USEFUL WEBSITES

[nhs.uk/letsgetmoving](https://nhs.uk/letsgetmoving)

Visit this website to find out how you can get more active in your local area.

There are lots of other websites where you can also find helpful information:

### Getting more active

[nhs.uk/livewell/fitness](https://nhs.uk/livewell/fitness)

Information on becoming more active.

[bhf.org.uk/keeping\\_your\\_heart\\_healthy/staying\\_active.aspx](https://bhf.org.uk/keeping_your_heart_healthy/staying_active.aspx)

Ways to get more active and information on the benefits.

### Walking

[walkengland.org.uk/walknowgettingstarted.aspx](https://walkengland.org.uk/walknowgettingstarted.aspx)

A comprehensive website, with information on how to get active through walking, linking to lots of different local opportunities.

[ramblers.org.uk](https://ramblers.org.uk)

Details of many locally organised walking groups, catering for all levels of fitness.

[whi.org.uk](https://whi.org.uk)

'Walking the way to Health' aims to encourage people, particularly those who take little exercise, to do regular short walks in their local community.

[walkit.com](https://walkit.com)

A website covering a number of cities which helps you plot your active travel route.

### Cycling

[sustrans.com](https://sustrans.com)

Information on starting off cycling and national cycle network maps.

[britishcycling.org.uk](https://britishcycling.org.uk)

Go to Skyride for information on led rides and mass participation events. Have a look at the Travel and Recreation sections for online cycling support, cycling routes and events.

### Nature conservation

[btcv.org.uk](https://btcv.org.uk)

Information on outdoor conservation opportunities.

### Other websites to help you live a healthy, active life include:

[nhs.uk/5aday](https://nhs.uk/5aday) [eatwell.gov.uk](https://eatwell.gov.uk) [nhs.uk/change4life](https://nhs.uk/change4life) [nhs.uk/smokefree](https://nhs.uk/smokefree)  
[nhs.uk/livewell/alcohol](https://nhs.uk/livewell/alcohol) [nhs.uk/lifecheck](https://nhs.uk/lifecheck)