

TIPS ON ADDING EXERCISE TO YOUR ROUTINE

For a physically inactive person to become active, and remain active for the long-term, the activity needs to be convenient and enjoyable. The activity needs to be something you can easily fit into your routine for several days each week. Even if you end up adding just 30 minutes of physical activity to your day, that is fine. Some of the examples below are the easiest to fit into a daily routine:

- Go for a brisk 30-minute walk five times each week. Ideally, it should be done in one session. If you can't, two 15-minute sessions would also be good.
- Walk your dog more often. If you do not have a dog but know a nearby friend who has one, offer to walk it for him/her.
- Find out whether there are any swimming pools nearby. Try to add swimming to your weekly routine. This does not have to be every day.
- During your lunch break at work go for a walk.
- Join some exercise classes.
- Join a martial arts club. Beginner sessions can be gentle and fun.

Beginners must remember that the secret is "little and often". A little bit every day is great - one big session once a week is not. Make sure your progress is gradual. Make sure you drink plenty of water during and after you exercise. Check with your doctor if you are not sure about your health.

You should include both aerobic and anaerobic activities. However, if you are currently inactive, anything is better than nothing.