

## **Handy tips for exercise**

- Try to fit exercise into your normal routine by planning and preparing for it. For example, pack your gym bag the night before and leave it in your car.
- In the morning or straight after work are often the best times of day to exercise as you don't have time to talk yourself out of doing it.
- Exercising with a friend will make it more difficult for you to cancel.
- Try and remember how you felt after you exercised the last time, did you feel more tired or buzzing with energy?
- If you don't like the gym try joining in with an exercise to music class. The music helps to motivate you and will stop you clock watching, you may even enjoy yourself!
- There are lots of different types of physical activity; the hardest part is choosing which to do! Make sure that you do something that you enjoy and then it won't become a chore.

## **Handy tips for physical activity**

- Use the stairs instead of the lift.
  - Build regular walks into your weekly routine or at lunch time if you are desk bound.
  - Do your house work to your favorite music and get stuck in.
  - Get into gardening and spend 10 minutes a day out in the fresh air every other day.
  - Get off the bus one stop earlier and walk a couple of bus stops.
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- Park the car slightly further away from your destination and walk a little further.