

Tip Sheet: Physical activity

There are so many great benefits to being physically active. One benefit is that Physical Activity has been shown to have an incredibly positive effect on our overall wellbeing. Here are some top tips to incorporate physical activity into your life.

1. **Think about what you enjoy.** Do you enjoy walking and taking in the beauty of the world, cycling, boxing, upbeat activities like Zumba or quieter activities like Pilates? Choose something that suits you and give it a go.
2. **Start Small.** It takes time to build up our physical fitness. Give yourself time and set yourself realistic targets that will fit into your week. Try not to do too much at once or you may become disheartened and not want to continue.
3. **Remember you are unique.** We are all different, we enjoy different activities and achieve things at different paces. Try not to compare yourself to what others are doing and focus on the targets you have set for yourself.
4. **Music can motivate.** If you enjoy listening to music you could put together a playlist of the music you love to keep you motivated whilst you exercise. Choose more upbeat music for high intensity activities and calmer music for activities like Pilates.
5. **Exercise at a good time of the day for you.** Some of us are morning people, some of us have more energy in the evening. You may find that if you take medication in the morning that can make you feel tired then exercising in the late afternoon or evening is better for you.
6. **Take a break if you need to.** There may be times when you are physically unwell or there may be times when you are unable to do physical activity because of your mental health. That is ok, be kind to yourself and take a break for a few days if you need to.
7. **Variety keeps you motivated..** There are so many physical activities which you can choose from. Have a go at incorporating different activities into your week to keep it enjoyable. Follow this link for ideas on how to, "Keep Yourself Active":-
<http://wokingmind.org.uk/information/coronavirus-and-your-wellbeing/online-resources/>

Activity Sheet: Physical activity

Think about the tips we have shared about Physical Activity.

Write down some activities you'd like to do during your week. Is there a new activity you'd like to try? Don't forget to start small, you don't have to do something every day, write in your rest days to.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday