

WHY DON'T YOU



GET UP &

GET MOVING!

Lead a happier and healthier life by
getting more physically active...

Record your activity, chart your progress
and start feeling the benefits today

LiveWellSuffolk
Steps to a healthier future

www.livewellsuffolk.org.uk

By getting active you can...

- Manage your weight
- Boost your energy and concentration
- Feel better about yourself
- Cope with anxiety and stress
- Improve your sleep
- Make new friends
- Have fun!

Basic Department of Health guidelines suggest adults should do at least 150 active minutes across the course of a week. Children and young people should do 60 active minutes a day and under 5s should be encouraged to play as much as possible.

It's easy to get moving with the help of Live Well Suffolk. Like us on Facebook or follow us on Twitter @livewellsuffolk for advice, activity ideas and information on how you can become more physically active!

You can also visit:
www.livewellsuffolk.org/getmoving



Make a pledge and try something new!

How to use this diary:

Use this diary to chart your physical activity over the next six weeks, noting down how many minutes you have been physically active for and what activities you have taken part in, either by yourself, with friends or with family. Rate your enjoyment out of 10 for a better idea of which activities work best for you!

This is how your week could look...

WEEK 3

Instead of watching TV... encourage your child to find fun activities to do on their own or with friends, such as playing chess or riding bikes!

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity time	Enjoyment Level (/10)
Monday	Walked the dog by the river		30	10/10
Tuesday	Cycled to work		35	6/10
Wednesday				
Thursday	Cycled to shops		20	6/10
Friday				

Make a pledge to get more physically active and start feeling the benefits:

“I pledge to become more physically active for

..... **minutes per week**

by (insert activity ideas)

.....”

Signed:

Date:

You're committed now!



It's easy to get moving

To help you throughout the next six weeks, we've put together some tips and advice on how you can integrate more physical activity into your day!

Physical activity is anything that gets your body moving. It can include anything from walking to recreational sport.

Set a time for physical activity and stick to it. You're more likely to find time to be active if you do it at the same time and on the same days each week.

Running is an easy way of improving your physical health! What's more, running regularly can also be a great stress reliever and has even been shown to combat depression.

Swimming is a great form of all-round exercise. It's ideal if you want to be more active and stay healthy, whatever your age or ability. It's also a great way for families to get moving and have fun together.

Cycle or walk part, if not all, of your journey to work. Get off one bus or tube stop before your final destination!

The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine, for example:

- **Walk part of your journey to work**
- **Walk to the shops**
- **Use the stairs instead of the lift**
- **Leave the car behind for short journeys**
- **Walk the kids to school**
- **Do a regular walk with a friend**
- **Go for a stroll with family or friends after dinner**

Sports or fitness classes keep you motivated and can be fun, relieve stress and help you meet friends.

Heavy gardening, including pushing, bending, squatting, carrying, digging and shovelling, can provide a good workout.



WEEK 1

Get your boots on!

Walking in a group is a great way to start walking, make new friends and stay motivated.

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

WEEK 2

Did You Know?

Exercise can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up to 50%!

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

WEEK 3

Instead of watching TV...

encourage your child to find fun activities to do on their own or with friends, such as playing chase or riding bikes!

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

WEEK 4

Did you know?

You can walk 1,000 steps in around 10 minutes!
Pedometers are a fun way to keep track of your walking
and start building up to 10,000 a day!

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

WEEK 5

Did you know?

Physical activity can boost self-esteem, mood, sleep quality and energy!

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

WEEK 6

Why not?

Dance in front of the TV or play some CDs? All you need are some great tunes and you can have fun dancing anywhere and burn calories at the same time.

DAY OF WEEK	ACTIVITY / ACTIVITIES	ACTIVITY / ACTIVITIES	Activity Time	Enjoyment Level (/10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Weekly Activity (minutes) =

About Live Well Suffolk

Live Well Suffolk is the county's free healthy lifestyle service.

We provide free information and practical support to help local people become healthier.

Whether it's stopping smoking, becoming more active, improving your diet or simply managing your weight, we can help you make the changes you need to live a healthier lifestyle.

Our free programmes are led by a team of trained Community Health Coaches at a location convenient to you – for more information, simply visit our website, www.livewellsuffolk.org.uk



Live Well Suffolk

Steps to a healthier future

Live Well Suffolk, Adelphi House, 8 Turret Lane, Ipswich, IP4 1DL

Call us: 01473 22 92 92

E-mail us: info@livewellsuffolk.org.uk

Facebook: Live Well Suffolk

Twitter: @Livewellsuffolk

www.livewellsuffolk.org.uk



Tweet us or like us on Facebook!