

*you can do it!*

Starting to exercise is easier than you think. Begin by putting a little extra effort into the things you do every day and soon there'll be no stopping you!



*get a life  
get  
active*

*get a life  
get active*



So go for it. You'll be in better shape and full of life - not excuses!



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## who needs exercise?

We all do! Exercise is vital for good health, but research shows that most of us don't get enough. Regular activity, which gets the heart pumping a little harder, can make us look and feel better. It does this by helping to reduce stress, control weight and lower blood pressure. It also helps protect us from serious conditions such as heart disease, stroke, osteoporosis and diabetes. Even so, we can all find an excuse not to exercise!



Often heard excuses include...

*'I've no time'*

*'I'm too tired'*

*'I'm not the sporty type'*

*'Exercise is boring'*

*'I've no one to do it with'*

*'I'm too old to start now'*

## what's your excuse?

**No time, I'm far too busy** - Just a total of 30 minutes most days of the week could make a real difference to your health. You don't have to do it all at once. Begin by putting a little extra energy into things you do already to help you build up to this total. Use the stairs instead of lifts and walk or cycle short distances.

**Too tired, I need to relax** - Exercise can actually help you relax by relieving stress and this in turn makes you feel good. It can also boost your energy and make you feel less tired, yet you'll probably find you'll sleep better too.

**Not the sporty type** - You don't have to be sporty! Activities such as walking, gardening, housework and dancing can be just as good for you as jogging, football or working out in a gym. It all depends on the effort you put in!



**Exercise is boring** - Try a variety of activities and choose ones that are good fun and sociable. Options like line dancing, walking clubs or five-a-side football are great ways to meet people, be active and have fun. Link your exercise to something you enjoy.

**No one to do it with** - Try asking a friend (maybe this is their excuse too) or find out about local clubs or classes where you'll meet people just like you. Things you do on your own, like housework or washing the car, can count as exercise too if you put a bit of extra energy into them!

**Too old to start now** - It's never too late to start. Exercise can help you stay healthy, active, mobile and independent. Start by trying brisk walking with a friend. Vary your route to keep it interesting. If you have a health problem or any worries about starting a new activity check with your GP first.

## what exercise is best?

Exercise doesn't have to involve an intensive work out! You can try new activities or go back to something you haven't done for a while, such as;

- dancing;
- exercising at home to a video;
- cycling;
- swimming or aqua aerobics;
- jogging;
- tennis, badminton or squash;
- brisk walking.



## tips on exercise

- Try a number of activities before choosing those you like best.
- It can be more fun to take exercise with a partner or friends.
- Check on your progress. Regular activities should begin to take less time or take less out of you.
- Always be aware of how your body feels and don't push it too far. Exercise is not meant to be painful! You should be able to exercise and carry on a conversation, so if it hurts stop.
- Gradually build up your activity to a total of 30 minutes a day. You don't have to do it all in one go to get the benefits - two sessions of 15 minutes is just as good!
- Don't feel you've lost all the benefits if you miss a day.
- It's important to stretch your muscles before and after any strenuous exercise.
- The secret of success is doing something you really enjoy that you can fit into your life and you can keep doing regularly.