

## Be active! 10 top tips

### Kick start your healthy lifestyle!

Getting started is easier than you think. Changing a few of your daily habits can soon add up to a more active lifestyle. Be active as often as possible - remember that every little counts!

### Don't put off being active until tomorrow. Start today!

1. **Move more often** - recognise the activity that you are already doing. Congratulate yourself and build on this.
2. **Walk more each day** - at lunchtime, to speak to colleagues, organise a walking meeting, or work out a convenient time each day and make it a habit!
3. **Climb more stairs** - look for every opportunity to use the stairs instead of the lift or escalator, or walk up the escalator.
4. **Plan activity into your day** - if you are a morning person, why not get up that bit earlier and fit some activity in before work? Be active as often as possible even if it's only for 5 minutes.
5. **Active travel** - walk or cycle part or all of the way to work, get off the bus a stop earlier or park your car further away.
6. **Avoid sitting for long periods** - break up sitting periods every 30 minutes, for example at your desk or work station, during meetings and whilst driving.
7. **Make an active date** - arrange to meet with friends or colleagues on a regular basis to be active together. Before, during or after work. Keeping each other company will keep you both motivated.
8. **Do more activity in your leisure time** - you can try an organised activity, be active around the house or take a walk in the park.
9. **Make activity part of your social life** - organise to meet friends or colleagues and walk to places of interest, walk or cycle to a lunch spot, or choose an activity to do that you both enjoy.
10. **Try letting something go!** Are there any low priority in-activities you can stop doing to make time for your health?

# An active day at work

## Can you be active...

### ...before work?

- Wake up 30 minutes early and go for a swim, walk or cycle.
- Do an active routine – for example yoga, Pilates or Tai Chi.
- Walk or cycle all or part of the way to work.
- Arrange to meet friends or colleagues as you walk or cycle.
- Park at the furthest end of the car park.
- Visit your local leisure centre on the way to work, especially if you can make use of flexitime.

### ... during work?

- Do some quick stretching at your desk throughout the day.
- When you can, walk to talk instead of using the phone or email.
- Put rubbish in the bin furthest from your workstation.
- Use the stairs instead of the lift.
- Take a 5-minute walking break.
- When on the phone, stand, march on the spot or do calf-raises.
- Use the furthest bathroom, preferably up or down stairs.
- Take a walking meeting to brainstorm ideas with co-workers.
- Bend, stretch, move, lift, or carry whenever the opportunity arises.
- Send printing jobs to the printer at the furthest point away from your work station.
- Offer to take the post and fit a walk into your day

### ... at lunchtime?

- Pick some dining spots 10 minutes away to add a walk to your lunch break.
- Set up a lunchtime walking group.
- Take part in a lunchtime activity class, either at work or at a local leisure centre.
- Form a sports team.
- Play a game at lunch with a colleague or friend: badminton, tennis, squash or table tennis.
- Meet a friend to go for a swim or bike ride.

### ... after work?

- Walk or cycle all or part of the way home.
- Meet friends on the way home and go for a walk or play a game.
- Form a club or sports team and meet after work to be active.
- On your way home, stop off at your local leisure centre. Use the pool or gym, or do an activity class.
- Get off the bus a few stops early and walk the rest of the way home.
- Be active with your family before your evening meal: play games, go for a walk, or do an activity you enjoy.

### ... in your leisure time?

- Join an activity group or club.
- Meet with a friend and do an activity you both enjoy.
- Count active indoor chores – done briskly – as part of your daily minutes of activity.
- Work out with an exercise video.
- Be active outdoors and get your chores done: gardening, washing the car or cleaning the windows.
- Use the stairs as much as possible.
- Walk or cycle to your local shops.
- Play games with children and friends: in the garden or at the park.
- Try an activity you have always wanted to do.
- Visit your local leisure centre: use the pool or the gym, or do an activity class.
- Go dancing with friends instead of sitting in and talking.