



## **Five Top Tips to Getting Active in 2016**

So 2016 is almost upon us, and you may be looking to start the year being more physically active and moving more throughout the day. What can you do? Where do I start?

Here are five tips to get you going:

### **1. CHOOSE FUN AND ENJOYABLE ACTIVITIES.**

Variety is key, if you get bored of one activity try a different one. All that matters is that we keep moving and staying active. Why not try walking – it is a very good activity simply because it is something that is easy to do on a continual basis. It's good to vary your walking routes, the parks/woods you visit etc. Have a look at [parkrun.ie](http://parkrun.ie) to see local opportunities to complete a 5k.

Go to [rte.ie/ot](http://rte.ie/ot) to get all the leaders exercise plans and to follow Operation Transformation's 0-5K plan with Karl Henry. Check out [www.parkrun.ie](http://www.parkrun.ie) to find a Park Run close to you.

### **2. CHECK OUT [WWW.GETIRELANDACTIVE.IE](http://WWW.GETIRELANDACTIVE.IE)**

Look for something new to try.

### **3. SET ONE MAIN GOAL FOR YOU TO ACHIEVE.**

Personal achievement will increase the enjoyment for you. This goal needs to be realistic such as being able to walk for a certain distance or to cycle without stopping.

You will be amazed at how quickly your level of fitness improves and how quickly you can achieve these goals. Remember to progress slowly onto the next goal.

### **4. USE YOUR DIARY TO SCHEDULE YOUR DAILY EXERCISE ONTO YOUR TO DO LIST.**

Think of it as simply something you need to do as part of your day. At the beginnings of each week plan out your activity for the week. Write down when you want to be active and for how long. If you look at the diary at the end of the week it will help you identify reasons for not sticking to your proposed plan and could help you to stay motivated.

### **5. STAND AND MOVE MORE DURING THE WORK DAY.**

Look for opportunities to stand up and move more at work. Can you take phone calls while standing? Is it possible to have a walk and talk meeting?

### **HOW MUCH PHYSICAL ACTIVITY IS REQUIRED?**

- Adults need at least 30 minutes a day of moderate activity five days a week. Short bouts of at least 10 minutes can be accumulated.
- Children and young people need at least 60 minutes moderate intensity activity every day of the week. All activity, no matter how short, counts.

Join your local HSE Operation Transformation Group or why not be a Workplace Champion and lead a HSE Operation Transformation Group! [www.hse.ie/physicalactivitychallenge](http://www.hse.ie/physicalactivitychallenge)