

## Top Tips:

# Fitness for busy Mummy's and Daddy's

1. 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.
2. Split activity up throughout the day - you can achieve your target in bouts of 10 minutes or more. Try these 10-minute workouts.
3. Walk your children to and from school. This will help being active become a fun habit.
4. Have fun by being active with your child. Take them to the swimming pool, or play in the garden or park.
5. Take up running - if you're just starting out, try our popular Couch to 5K running plan or join our FREE Couch to 5k sessions.
6. Improve your strength and flexibility with Strength and Flex, a five-week exercise workout plan.
7. Try out our young person-friendly outdoor gyms. Exercise outside together as a family.
8. Set up a buggy group with other parents and go on long walks with the children. Or try our local Buggy Walks every Wednesday at 9:30am from Holy Trinity Church, Fingerpost
9. Try the home exercise routines in the NHS Fitness Studio.
10. Exercise during your lunch break. Your office may have a gym, or you may have access to a nearby swimming pool or squash courts. Or simply go for a walk outside!
11. Cycle or walk part, if not all, of your journey to work. Get off one bus or tube stop before your destination. For more information on cycling contact Adam at Active Travel on 01744 676174

**together**  
we can

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Council