

Top Tips:

Young people and fitness

1. Try something new. If you're not sure what activities you'd like, find out which sport or activity you're best suited to using the What's your sport? tool.
2. 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.
3. Get into shape with Strength and Flex, a five-week exercise plan to increase your strength and flexibility.
4. Walk more: to school, to visit friends, to the shops, or other places in your neighbourhood. Find out the benefits of walking 10,000 steps a day.
5. Get your mates involved. You're more likely to keep active if you have fun and with other people to enjoy yourself with.
6. Ask your parents if you can go to the gym with them or if there's a local community centre where you can exercise. Or try out the completely FREE and new Outdoor Gyms!
7. Create a new routine where you walk or run every day when you get home from school or before you have dinner.
8. If you don't want to exercise outside on your own, buddy up with a friend, or other likeminded people through our buddy forum, or use an exercise DVD or choose a workout from the NHS Fitness Studio.
9. Dance in front of the TV or play some music. All you need are some great tunes and you can have fun dancing anywhere - and burn calories at the same time.
10. Do some household chores. Although light tasks such as taking out the rubbish won't raise your heart rate, some heavy gardening or washing the car will count towards your daily activity target.

together
we can

Healthier | Happier | St Helens



St. Helens
Council