

7 Steps to Success - Start Being Active

1. Make it fun!

- Think about activities you like, that you'll enjoy and have fun doing. Avoid anything exhausting or boring!
- Listen to music, read or use your phone etc. to help keep you entertained. You can be active whilst enjoying your other pastimes!

2. Keep reasonable expectations

- Set realistic targets for yourself. Whatever your goals make sure you give yourself time to reach them and to get fitter.
- Don't get discouraged if you stop or slip up. It happens to everyone. Think about why it happened, how to avoid it next time and start back when you're ready!

3. Make time for it!

- Try to create habits. Be active at the same times and start with short bouts of 10mins.
- Find a time and place convenient to you.

4. Dress right

- You don't need to buy new or expensive clothing to be active. Just find some comfortable clothing you can use.
- If you want to start jogging or walking long distances make sure you have appropriate footwear for comfort.
- Check the weather forecast. There's no such thing as bad weather, only bad clothing!

5. Record what you do

- Make sure to measure your health and fitness when you start and then throughout being active so you can see your improvements.

6. Celebrate your achievements

- Being able to do more or be less breathless or losing weight etc. are brilliant achievements.
- Share your story with friends and family and see who you might be able to inspire.

7. Get friends or family involved

- Why not encourage your friends and family to try with you. Being active with someone can make you more likely to succeed.