

The Get Active Challenge

Start by setting realistic goals for physical activity during the next 2 weeks.

Keep a record of what activity you do each day. For example, if you walk for 15 minutes and garden for 20 minutes fill in your record like this:

Day	Activity	Minutes	Total
Monday	walking	15	
Tuesday	gardening	20	
Wednesday			

Moderate activity

Heart is beating faster than normal, breathing is harder than normal.

Vigorous activity

Heart is beating much faster than normal and breathing is much harder than normal.

- For most people a brisk walk is moderate activity.
- You can get the same benefit from vigorous activity in less time – one minute of vigorous activity = two minutes of moderate activity.
- Remember you need to be physically active for at least 10 minutes.
- At the end of each week look over your record card – you may be surprised at how well you are doing.
- If it is difficult to find time or energy, try activities that you would enjoy more, or ask a friend to join you for support.

Week 1

Goal:

Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Week 2

Goal:

Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Well done on completing **The Get Active Challenge.**

Now start again and increase the number of minutes each day and you will gain even more health benefits and feel good too.

