Tips for getting started: becoming more active

- Aim to cut down on activities that involve little movement, such as watching television and using the computer.
- Add a little activity as part of your daily routine – use the stairs rather than the lift, get off the bus one stop early, walk up escalators.
- Find times in the day when you can take a brisk walk – several 10 minute walks are as beneficial as one longer walk.
- Identify ways of becoming more active as a family – try walking, swimming, cycling, dancing or playing together in the park.
- Make activities part of your social life – meet up with a friend or neighbour for a daily walk.
- Think of ways of becoming more active that you will enjoy, like dancing, bowling or gardening.