



# Getting active



# Welcome

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- Each session is 1 hour
- Your measurements will be taken on the day of your session, please have them ready
- Please bring your handbook to all sessions

# Working together

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- Listen to others – don't interrupt.
- Respect – everyone's opinion/ideas are valid.
- There is no right or wrong.
- Confidentiality – 'what is said in this room, stays in this room'.
- Only share what you are comfortable with.
- Questions – please ask questions but I may suggest coming back to it later/at the end of the session.
- Our commitment to you and your commitment to us

# Today's session

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- What is physical activity?
- How much physical activity should I be doing?
- The benefits of being active
- Barriers to being active
- My own physical activity levels
- Achievements and goal setting



# Progress review

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Let's review what's happened since our last session

## Since our last session...

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What lifestyle changes have you made since our last session?



What changes did you not make that you had intended to?

What got in your way?



What went well?



# What is physical activity





# How to increase your active time

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- Reduce sedentary time
- Increase activity time in daily life
- Undertaking 'structured' exercise activities





**Sedentary behaviour  
(being inactive)**

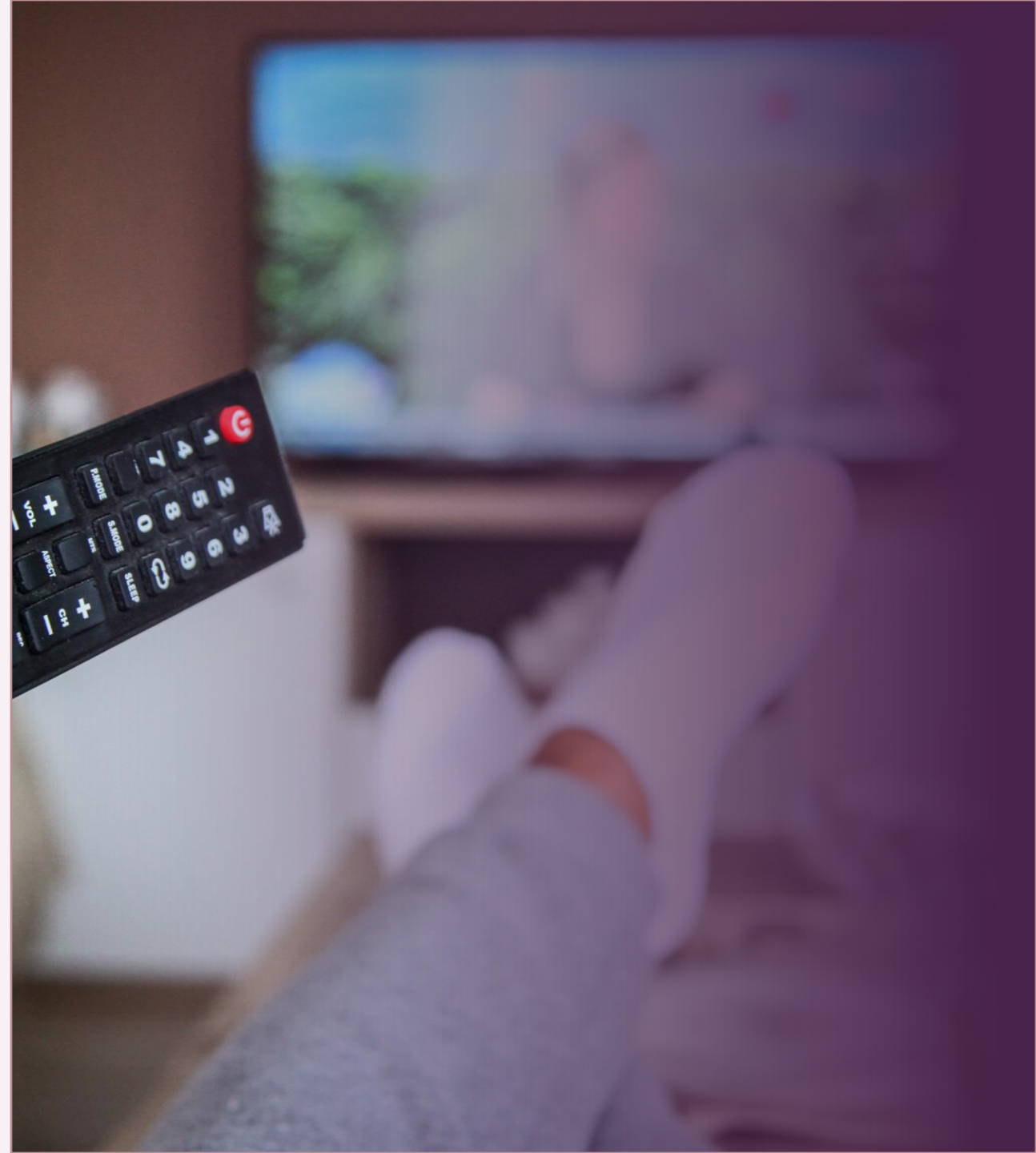
**Versus**

**Physical activity**

## Sedentary behaviours

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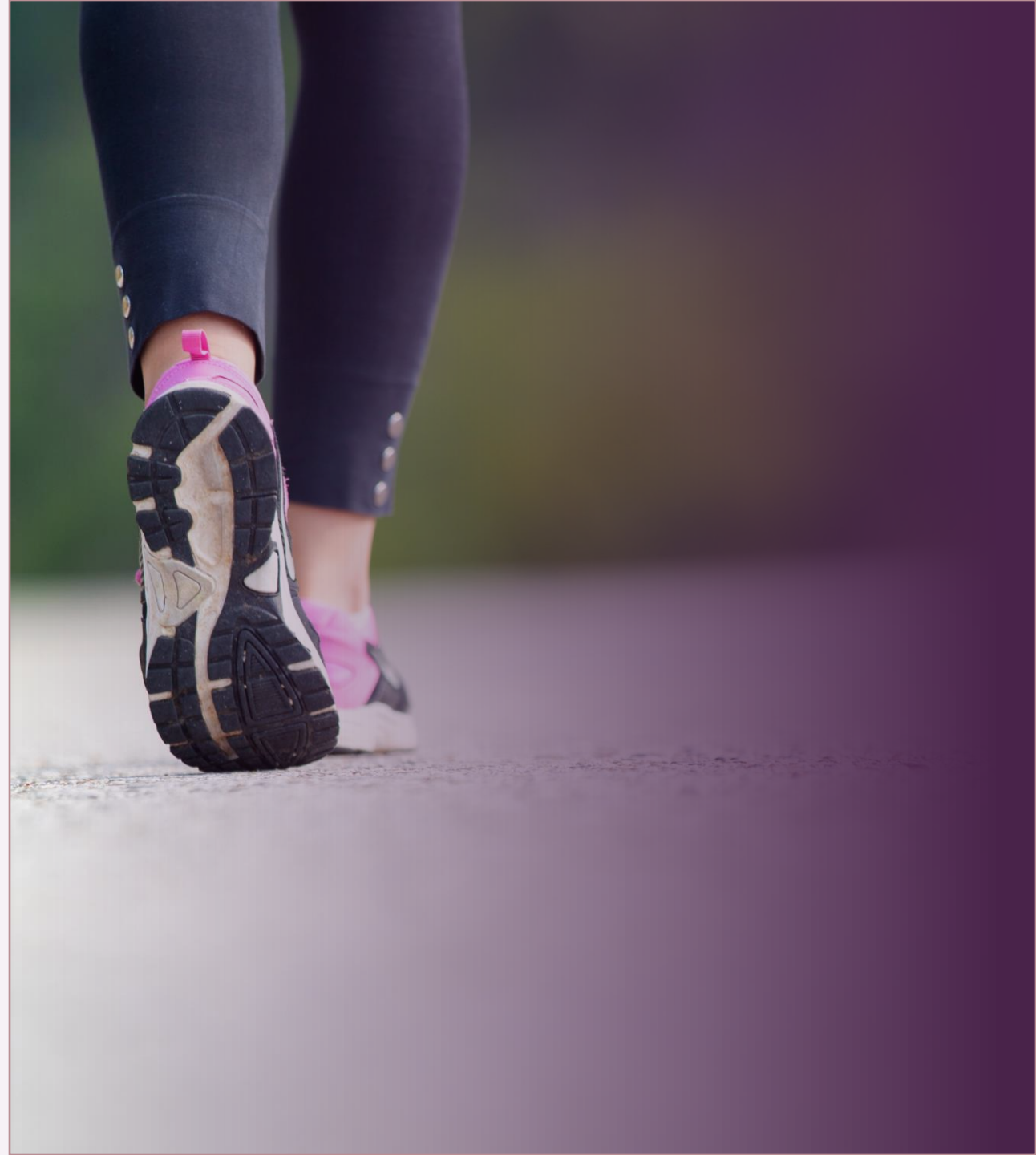
- Sitting down for long periods of time e.g. at a desk/computer or on the sofa
- Driving for long periods of time
- Jobs which involve sitting down e.g taxi driving
- Long periods of time watching TV/browsing the internet or social media



# How do we reduce sedentary time

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- Increase activities in daily life (movement)
- Try structured exercise



# Daily life activities

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- Walking to work/ school
- Reducing the use of the car
- Taking the stairs instead of the lift
- Playing with the kids - outdoors in the garden/ park
- Home repairs - DIY painting/ decorating
- Active entertainment such as bowling/ dancing

# Structured exercise

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Aerobic /  
Cardiovascular



Resistance / strength



Flexibility



Balance



# How much physical activity is recommended?

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# Physical activity guidance

At least  
150 minutes

Or a combination  
of both

At least  
75 minutes

**Moderate intensity per week**  
Increased breathing able to talk

+

Aim to  
include strengthening  
exercises twice a week

**Vigorous intensity per week**  
Breathing fast difficulty  
talking



Brisk walk



Swim



Cycle



Stairs



Sports



Run



# The benefits of being active

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**Benefits health**



Some is good, more  
is better

**Maintains healthy  
weight**



**Improves sleep**



Make a start today:  
It's never too late

**Manages stress**

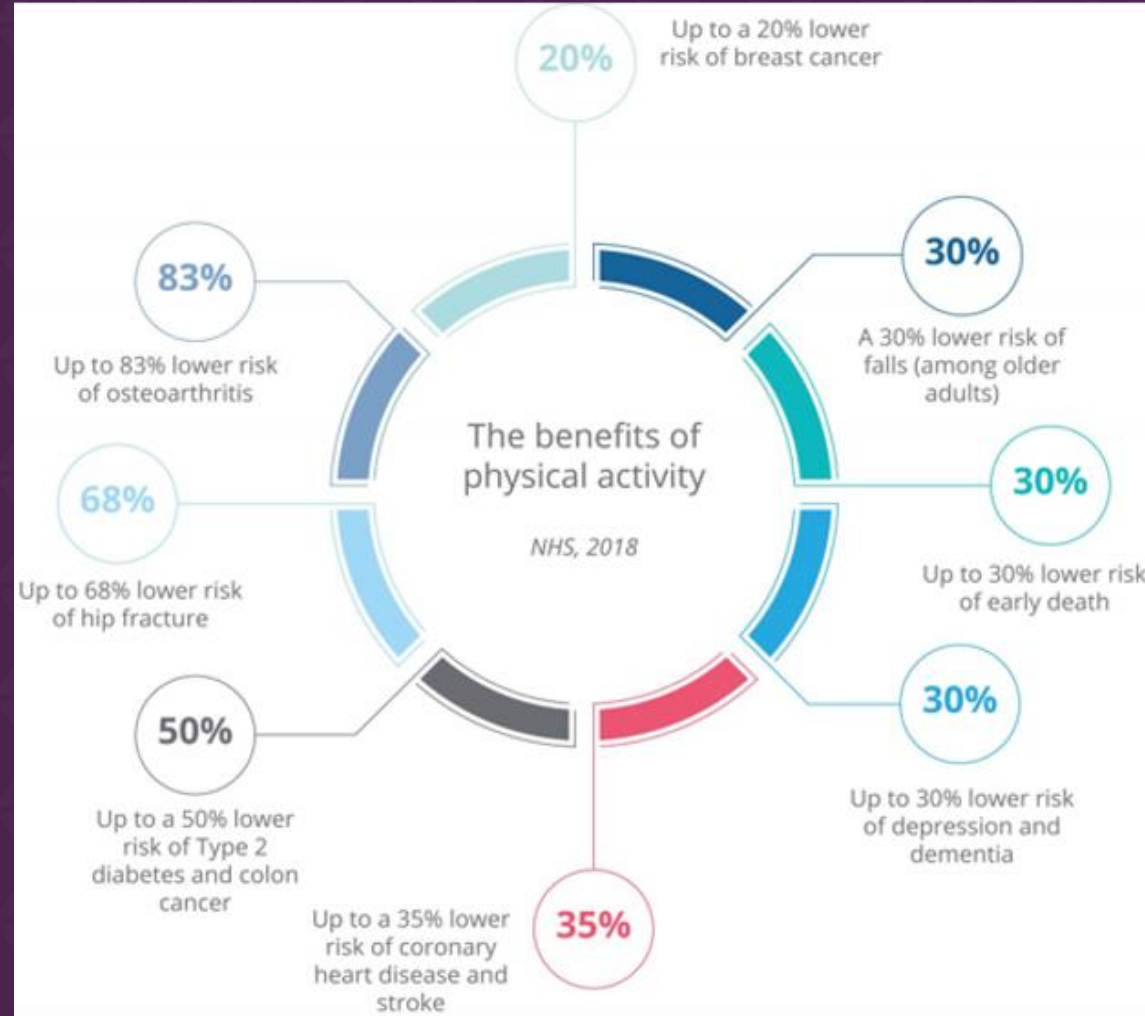


**Improves quality  
of life**



Every minute counts

# Benefits of being active



# Barriers and how to overcome them



# How confident are you at increasing your physical activity levels?

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Not confident

Very confident

1 2 3 4 5 6 7 8 9 10

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**There's always a starting point**





# How can I measure my intensity?



**MAX HR = 220-AGE**

Example: 60yrs

$220 - 60 = 160\text{bpm}$

Moderate: 50% = 80bpm

Vigorous: 70% = 112bpm

## Exercise limitations if you have...

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- Cardiovascular disease / High blood pressure
- Arthritis / Osteoporosis
- Fibromyalgia
- Chronic Obstructive Pulmonary Disease (COPD)
- Foot complications & existing injuries or open wounds (blisters or ulcers)





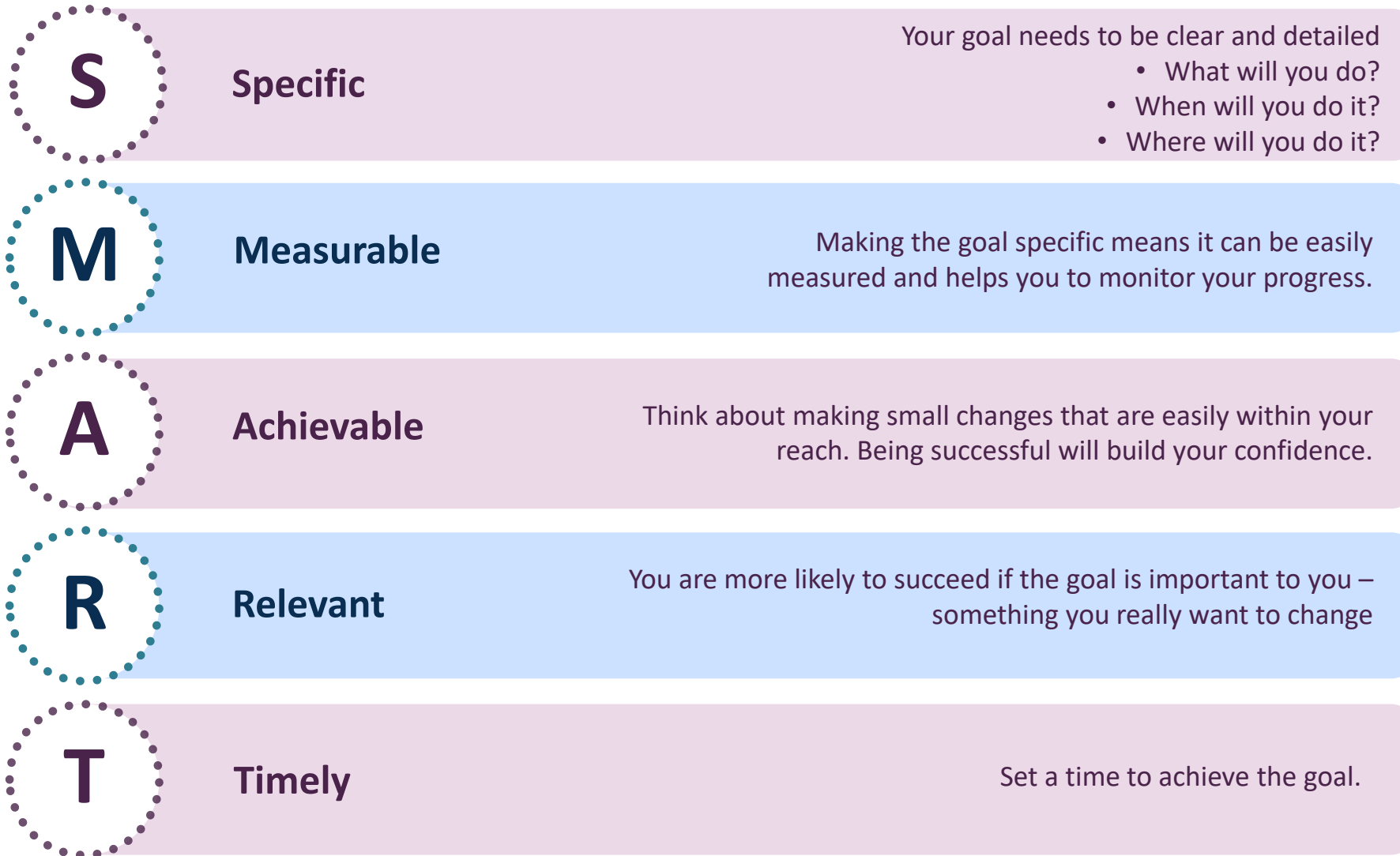
# Turning learning into action



**“A goal without a  
plan is just a wish.”**

Antoine de Saint-Exupéry

# Turn learning into goals



# Let's recap

Review what you've learned today and start applying your knowledge

# What have we learned?

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- What is physical activity
- Physical activity recommendations
- Benefits of being active
- Barriers to physical activity and how to break through them
- How confident are you at increasing your activity levels?

## Now it's your turn!

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- Create one SMART goal using knowledge you have gained today
- Write it in your handbook
- When will you review your goal?
- How will you celebrate your achievements?
- Ask the group for ideas and experiences
- Feel free to share your goal with the group
- We will review our goals in the next session

# Well done

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You've successfully completed today's session on Getting active.

We look forward to seeing you at the next session for:

- Recommendations for protein, fat and carbs
- Glycaemic Index
- Fluid recommendations
- Mindful eating





xyla health & wellbeing  
Part of Acacium Group