

I'm doing it

Active Herts
Your first step to a more active lifestyle

FOR ME

**Your personal
get active plan**



ABOUT ACTIVE HERTS

We know that getting active can be difficult so our local, friendly and professional Get Active Specialists can help you get started.

Our team of highly qualified and experienced health and fitness professionals will work with you to set your own personal plan of action that will help you to find ways to fit physical activity into your daily life.

Our Get Active Specialists will help you find fun and friendly activities suited to you, based on your fitness level and interest. From free walks to badminton, from dance to swimming, you will find the right thing for you.

www.activeherts.org.uk



KEEP IN TOUCH

Your local Get Active Specialist is:



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Watford

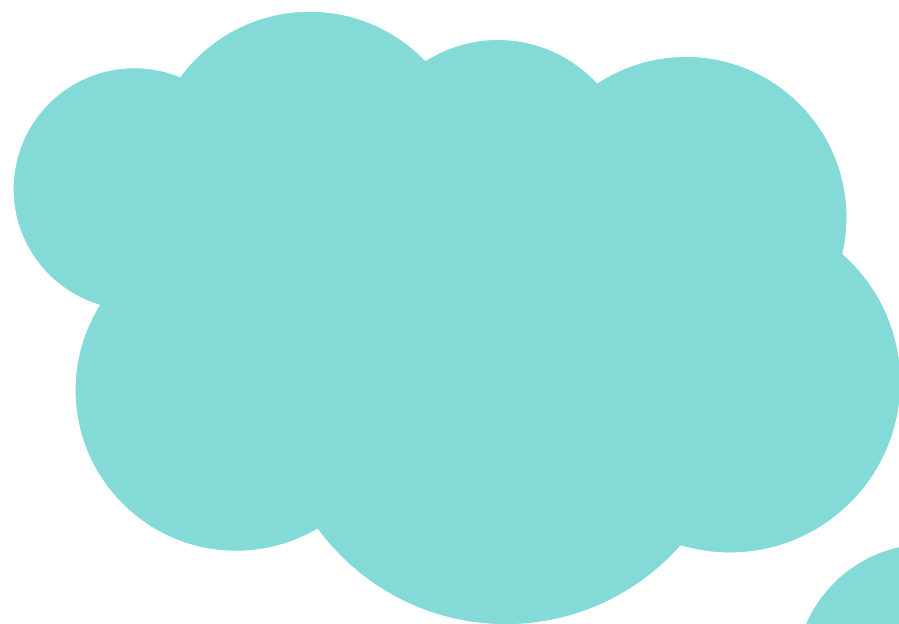
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YOUR THOUGHTS ABOUT BECOMING ACTIVE...



IS EXERCISE GOOD FOR YOU?

Advantages and disadvantages of exercise

Consider the possible positives and negatives of becoming more active by filling in the table below.

Advantages	Disadvantages

On a scale of 1 – 10, how confident do you feel about becoming active?

Not very confident					Very confident				
1	2	3	4	5	6	7	8	9	10

HURDLES TO JUMP OVER

Overcoming your barriers

Think about your current situation. What things in your life might be hurdles that stop you from being active.

What's currently stopping you being active?

How can you overcome this?

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TO IMPROVE MY
WELLBEING



TIME IS PRECIOUS

Plan exercise into your routine

This timetable will help identify gaps in your week that you could use to be active. The key is to start small and slowly build up the number of minutes of activity you fit in your week. Think about when you might have some free time to do something different.

Remember just 10 minutes a day will start to make a big difference!

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

GET FOCUSED

Set your goals and work towards them

Becoming active can seem like a really tough challenge. The key is to think about what you want to achieve and how you are going to do it. This task will help you to set your goals over the short, medium and long term.

	What do you want to achieve?	How will you achieve it?
Short term (2 weeks)		
On a scale of 1 to 10 how confident are you in achieving this goal (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		
Medium term (3 months)		
On a scale of 1 to 10 how confident are you in achieving this goal (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		
Long term (12 months)		
On a scale of 1 to 10 how confident are you in achieving this goal (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		

HOW TO CHANGE

Your next steps for success

This action plan is your quick guide to success. Make a note of the things you are going to do to get active.

What am I going to do?	Where am I going to do it?	When am I going to do it?	Who am I going to do it with?

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TO MEET NEW
PEOPLE



BUMPS IN THE ROAD

It won't always be a smooth ride but planning is the key

Getting active is not a smooth ride for anyone. This task will help you plan how to avoid or cope with your bumps in the road and increase your chance of success.

Remember, your Get Active Specialist is contactable if you feel you need a little extra support.

Difficult situations If	How I will avoid or cope with them Then I will..

BENEFITS OF EXERCISE

Did you know that being active can...

- Improve the health of your heart and lower your risk of a heart attack or stroke 
- Prevent diabetes and help you manage it better 
- Help you manage high blood pressure 
- Lower your cholesterol levels 
- Make you feel good and improve your mental health 
- Help you to manage your weight 
- Give you more energy 
- Help you meet new people 

These are just a few of the benefits and it is important to remember that most of all, exercise can be fun! It is about finding the activity that is right for you.

EXERCISE GUIDELINES

WHAT YOU SHOULD BE AIMING FOR

For a healthy heart and mind
Be Active










Vigorous exercise	Moderate exercise
Run 	Brisk Walking 
Sport 	Cycle 
Heavy Gardening 	Swim 

Minutes per week

75 Vigorous Intensity (Breathing fast, difficulty talking)	150 Moderate Intensity (Increased Breathing, able to talk)
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OR a combination of both

To keep your muscles, bones and joints strong

Sit Less	Build Strength
 Tv 	Gym 
 Sofa 	Yoga 
 Computer 	Carry Bags 

Break up sitting time

To reduce your chance of falls
Improve Balance

Dance 
Tai Chi 
Bowls 

2 Days per week

For more ideas about how to get active and what's going on in your area, visit www.activeherts.org.uk and select "Getting Active"

YOUR REWARDS

It's not all hard work! Remember it is important to reward yourself for the effort you put in, so here are a few ideas to try.

Rewards that are free

- Have a nice relaxing bath
- Read a book or magazine
- Invite friends round
- Listen to music
- Watch a film
- Spend time in the garden
- Go on a family day out
- Ask friends to look after the children and enjoy some down time

How are you going to reward yourself?

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TO LOOK AFTER MY
HEALTH

THIS IS WHERE YOUR PATH BEGINS...

1. Your first appointment

At this appointment you and your Get Active Specialist will talk about the steps you can take to start getting active.

Together you will look at what you want to achieve, how to get there and how we can support you.

This will include agreeing your personal Get Active plan to guide you. They will also help to find a local activity or sport session to suit your needs.

2. Two week catch up

After two weeks your Get Active Specialist will give you a call to see how you are getting on with your plan. You will discuss progress so far and how you are feeling about being more active.

If you feel you would like some motivation or extra guidance at this stage, you will be able to book another free appointment to talk about any concerns you may have.

3. Three month

After three months, your Specialist will contact you to book in a review. This will be a chance to look at your progress so far and see how you're getting on.

At this appointment, you can discuss how you are feeling, identify any health improvements and develop your plan for the coming months.

4. Six month appointment

Hopefully you are sticking to your plan and are feeling the benefits of being more active.

Your Get Active Specialist will contact you to arrange a telephone or one-to-one review to see how you are getting on.

Further support may be offered to help motivate you to keep active.

5. Twelve month appointment

Congratulations on reaching twelve months! You have done fantastically well.

At this appointment, you can work with your Get Active Specialist to explore some tips to maintain your healthy behaviours.

Why not ask your Get Active Specialist how you can support others to become more active?

Supporting you every step of the way

If you have any questions or need additional help, feel free to call or email your Get Active Specialist at any point.

YOUR APPOINTMENTS

Appointment	Date	Time	Venue
First			
2 weeks			
3 months			
6 months			
12 months			

Notes:

EAT WELL

BASIC NUTRITION ADVICE

Eating a healthy, balanced diet is an important part of maintaining good health. It can help you feel your best and doesn't have to be too difficult either. Here are some tips to get you started.

The key to a healthy diet is to do the following:

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight. It is recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules). Most adults are eating more calories than they need, and should eat fewer calories.

Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

- **Base your meals on starchy foods like** – Potatoes, rice or pasta. They fill you up for longer and release energy slower. They are cheap too.
- **Eat lots of fruit and veg** – 5 a day is recommended and you will get essential vitamins and minerals to keep your body working well.
- **Eat more fish** – It has essential oils and is lower in calories than red meat or chicken.
- **Cut down on saturated fat and sugar** – Sugars mess with your energy levels and can make you feel tired and lazy or even change your mood. Fatty foods will make you gain weight rapidly and can clog up your arteries.
- **Eat less salt** – Even if you don't add salt to your food, you may still be eating too much. Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
- **Don't get thirsty** - You need to drink about 1.6 to 2 litres of fluid every day to stop you getting dehydrated. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices. Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories, and are also bad for teeth.
- **Don't skip breakfast** - Some people skip breakfast because they think it will help them lose weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. A wholegrain, lower-sugar cereal with fruit sliced over the top is a good option.

Healthy Eating Plate

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid Saturated fats.

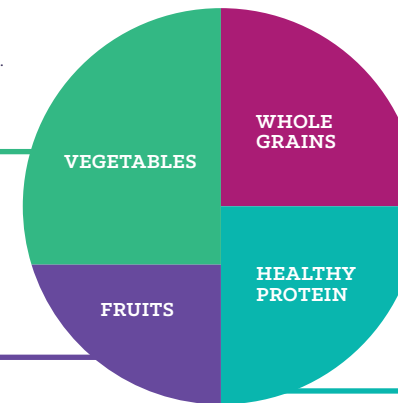
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colours.

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



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TO HELP OTHERS
GET ACTIVE

COULD YOU BE AN EXERCISE BUDDY
IN YOUR LOCAL COMMUNITY?

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Active Herts

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Working in partnership



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