

LET'S **#BEACTIVE**



**MY GUIDE  
TO BECOMING  
ACTIVE**



# WELCOME TO LET'S #BEACTIVE

## HELLO AND WELCOME TO LET'S #BEACTIVE

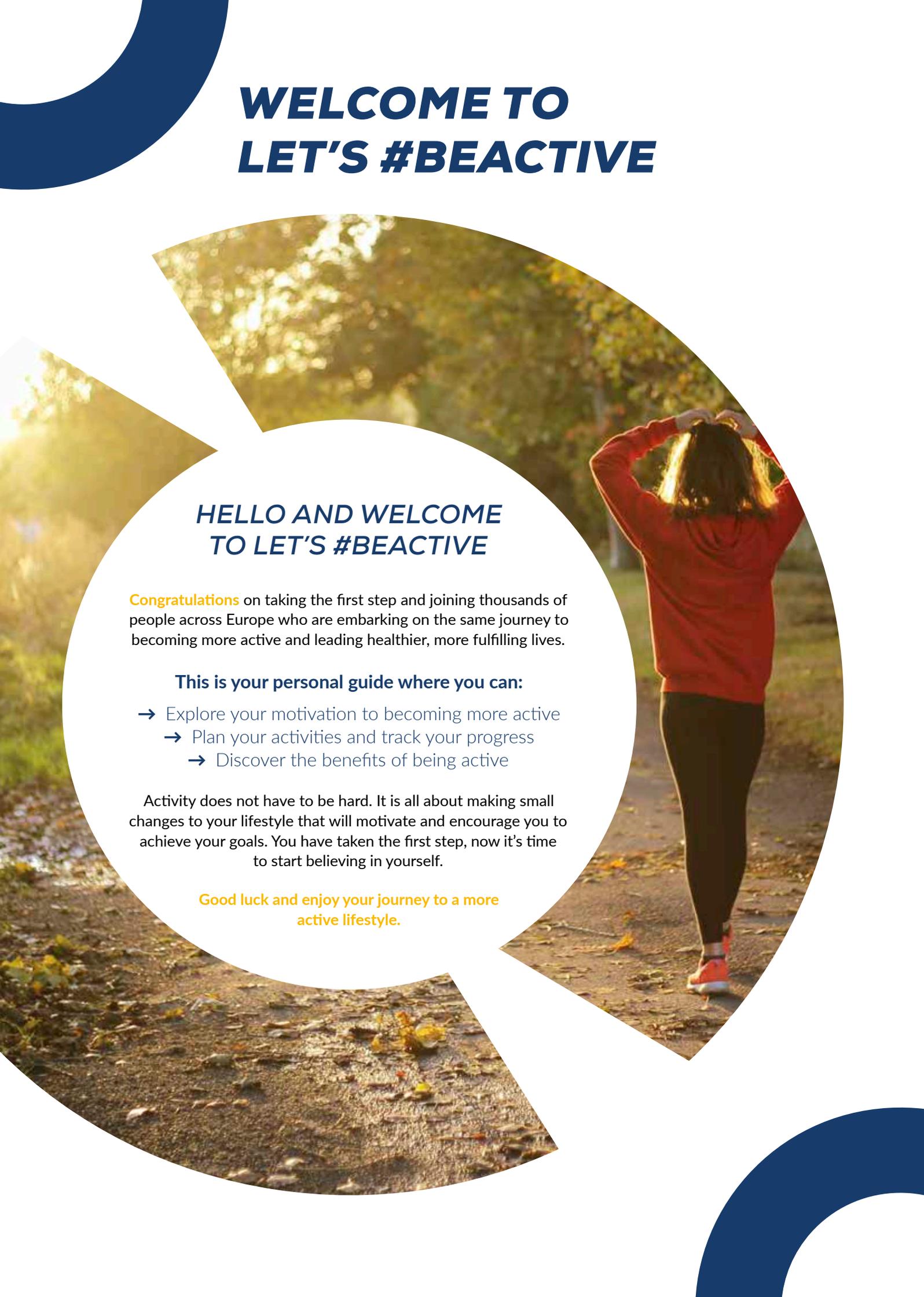
**Congratulations** on taking the first step and joining thousands of people across Europe who are embarking on the same journey to becoming more active and leading healthier, more fulfilling lives.

### **This is your personal guide where you can:**

- Explore your motivation to becoming more active
- Plan your activities and track your progress
- Discover the benefits of being active

Activity does not have to be hard. It is all about making small changes to your lifestyle that will motivate and encourage you to achieve your goals. You have taken the first step, now it's time to start believing in yourself.

**Good luck and enjoy your journey to a more active lifestyle.**





*It can help you to feel more confident and to improve your mood.*



*It tones and strengthens your muscles, bones and joints.*

## **WHY BE MORE ACTIVE?**

Becoming more active is beneficial in more ways than you might think! Research shows that leading an active lifestyle will improve your health and lower your risk of developing health problems such as cardiovascular disease, diabetes and osteoarthritis.

**But there are lots of other benefits to being active, some of which can include:**



*It helps you to maintain a healthy weight.*



*It gives you a chance to socialise, meet new people and get outdoors.*



*It can boost energy levels and improve your sleep quality.*



*It gives you some "me time" to focus on yourself and recharge your batteries*

## DEFINITION OF ACTIVITY

*How much activity is good for me?*

Physical activity guidelines recommend that adults do 150 minutes of moderate activity a week (or 75 minutes of vigorous a week or an equivalent combination of both). This could be broken down into 5 x 30 minutes, or even into 10 minute chunks.

Activities also differ in impact. Impact refers to how much force an activity puts on your body, including your joints and ligaments.

### HIGH IMPACT

Both feet leave the ground at the same time and is generally more intense activity, e.g. running, skipping, most team sports.

### LOW IMPACT

At least one foot is always on the ground or your body is supported during the activity, e.g. walking, yoga, swimming. Low impact activity is good for older people, or those who have joint problems or an injury.

Activity comes in different levels of intensities



### Walking/Light intensity

This includes walking at work and at home, walking to get from one place to another, recreational walking, sport or exercises.



### Moderate intensity

Your heart rate and breathing are slightly elevated and your body temperature feels a bit warmer than normal e.g. gardening, housework, DIY, carrying light loads, gentle cycling.



### Vigorous intensity

Your heart rate and breathing are rapidly increased and your body temperature feels very warm. You can only utter a couple of words at a time, e.g. running, fast cycling, heavy lifting, digging, tennis.



# YOUR FITNESS JOURNEY

What to expect – your journey to an active lifestyle

## WEEK 1

- Meet with club trainer & have a look around the facility
- Receive support in downloading an app that will help you track your activity and send you lots of encouragement and support
- Chat about your goals and what you'd like to achieve during the 6 weeks
- Complete a brief form confirming you are happy to take part and complete a survey about your current activity levels – but don't worry, this is all done via the app and your trainer will be at hand to help!
- Your first session will commence this week

## WEEK 2

- Aim to attend the gym twice this week
- Become more familiarized with the gym environment
- Begin to incorporate more activity into your day to day lifestyle
- Update your activity diary

## WEEK 3

- Aim to attend the gym twice this week
- What did you enjoy last week? Perhaps give that another go
- How about trying a class this week?
- Keep looking for opportunities to add more activity into day to day tasks
- Update your activity diary

## WEEK 4

- Are you still managing to go twice a week?
- Try adding in an extra activity day e.g. walking or cycling
- Arrange a catch up with your trainer and check in on how you're getting on
- Try extending your activity periods 10-15 mins longer than week 1 & 2
- Update your activity diary

## WEEK 5

- You are doing great, let's keep the momentum going
- Try meet others like you taking part
- Have you started to consider your plans at the end of the 6 weeks?
- Keep updating your activity diary

## WEEK 6

- Well done, you made it!
- Time to reflect
- What does the future hold? If you haven't done so already, have a chat with your trainer about what your next steps are – there's a helpful page at the back of this book called 'My journey so far' which you may find useful to reflect!

**We'd really appreciate it if you could fill in another survey about your activity levels now you've completed the 6 weeks – thank you!**

Your **LET'S #BEACTIVE APP** – a quick 'how to' guide



# EXERCISING OUTSIDE OF A GYM

Whether you decide to join the gym at the end of the 6 weeks or not, there are many other activities you could try to keep active – here are a few ideas.

## SWIMMING

Moderate Intensity

Low impact

- Swimming lessons are widely available
- Variations include aqua-aerobics and synchronised swimming
- Good for people who might be overweight or have arthritis



## TEAM SPORTS OR RACKETSPORTS

Moderate / Vigorous intensity

- Can be low impact (e.g. table tennis) to high impact (e.g. football)
- Social
- Good for those with a competitive nature
- Good for improving cardiovascular fitness and coordination



## RUNNING

Moderate/ Vigorous intensity

High impact

- Great way to get outdoors
- Good for improving cardiovascular fitness
- Helps to maintain a healthy weight



## GARDENING

Moderate / Vigorous intensity

Low impact

- Good for building muscle
- Good for people of all ages
- Great way to get children involved
- Good for improving mood



## WALKING / HIKING

Light / Moderate intensity

Low impact

- Can be included in your day to day life (e.g. get off the bus a stop earlier)
- Great way to get outdoors
- Good for people of all ages
- Helps to maintain a healthy weight



## CHAIR-BASED ACTIVITIES

Light / Moderate intensity

Low impact

- Good for those with reduced mobility
- Can be done at home or in a group



## OTHER IDEAS

- Walking up the escalator
- Playing with the children or the dog in the garden
- Standing while on the bus instead of sitting
- Do some stretching or strengthening exercises whilst waiting for the kettle to boil or brushing your teeth
- Get up and moving during the television advert



I feel that being more active has improved my overall wellbeing. I have more energy and even sleep better. I look forward to exercising now! I am so happy I made the decision to be active and am excited to continue my journey

*Chloe, Ireland*



Last year in July, I was diagnosed with two prolapsed spinal discs. I had to choose between surgery and exercise. I opted for exercise, I started with Pilates classes and Kettlebells muscle training. My problems are gone and I can live normally without any limitations.

*Hynek, Czech Republic*



I've finally learned the importance of dedicating time to myself and to my well-being. I noticed that, after training, I felt more relaxed. I'm more often in a good mood and I'm able to face the job with more lucidity.

*Eliana, Italy*



It has made me feel so much better. I'm in a mindset now in which I can tell myself I am capable of doing something, and doing more. I have a new belief in myself which is invaluable.

*Monica, England*



LET'S **#BEACTIVE** 

  
**europe active**  
MORE PEOPLE | MORE ACTIVE | MORE OFTEN

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## THE LET'S #BEACTIVE PROJECT

- Promoting physical activity and healthy lifestyles
- Creating an evidence base for further policy development
- Promoting the European week of sport

## THE EUROPEAN WEEK OF SPORT

The European week of sport is a European Commission initiative to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level.

[ec.europa.eu/sport/week](http://ec.europa.eu/sport/week)



### VISIT US!

homepage etc.  
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# MY ACTIVITY TRACKER



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MORE PEOPLE. MORE ACTIVE. MORE OPEN.

LET'S #BEACTIVE

**Activity tracking** is proven to increase your chances of success. Use this diary to keep track of the activities you do each day and the number of minutes you do them for. Circle the faces that show how that activity made you feel. Remember to build it up gradually. You can even do it in 10 minute chunks, it all counts!

*Example:*

<b>MON</b>
<b>Walking (10 min)</b>
<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>

If you want more information on the physical activity tracker or you want to download an additional one go to [www.europeactive.eu](http://www.europeactive.eu)



MON	TUES	WED	THUR	FRI	SAT	SUN
😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
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😊 I enjoyed the activity    😐 It was ok    😞 I didn't enjoy the activity