Finding motivation for movement

Let's be honest it's not always easy to find the motivation to 'exercise'. Our advice? Re-frame it: instead of calling it exercise, think of it as just moving your body, and realise that motivation will never arrive if you don't take that first step.

Remember the recommendation is 30 minutes of activity a day, so build up to this with a mix of the types of movement below. Here is a breakdown of some of the benefits, and examples:

Resistance

Resistance and strength exercises make your muscles stronger. Pressure from weights, resistance bands or body weight makes the muscles work against gravity, i.e. squats, push ups, or a wall sit. This type of exercise helps to increase your muscle mass which is beneficial for body health.

Cardio

Cardio and endurance exercises increase your breathing and heart-rate. This helps strengthen your lungs, heart and circulatory system. Brisk walking, dancing, or working in the back yard can help reduce that uncomfortable feeling of breathlessness over time.

Flexibility

Flexibility and mobility exercises stretch out your muscles, helping your body stay limber. Some people are more flexible than others but everyone can improve. Flexibility helps with every day movement like getting dressed and driving. Just start by trying to touch your toes!

Balance

Balance exercises use your core muscles (which include those from your neck down to your knees) and often helps prevent falls in older people. Activities such as Tai Chi, one foot stand, and any movements including core and leg strength help stabilize these muscles.

Our tip: write down when you plan to fit in movement, where, when, who with, and also think about why: think about your purpose for participating.

Planning in the movement

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday