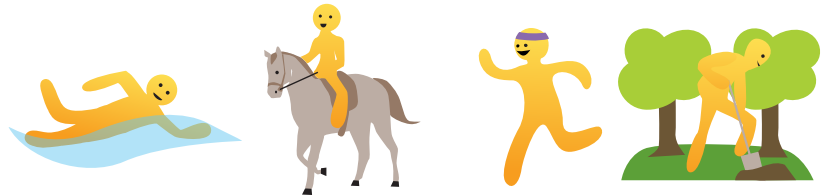
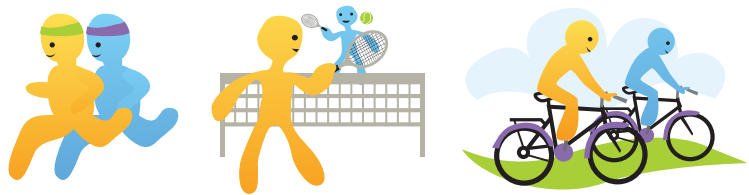


# Tips for getting active

**Choose an activity that you will enjoy.**



**Find a friend to exercise with.**



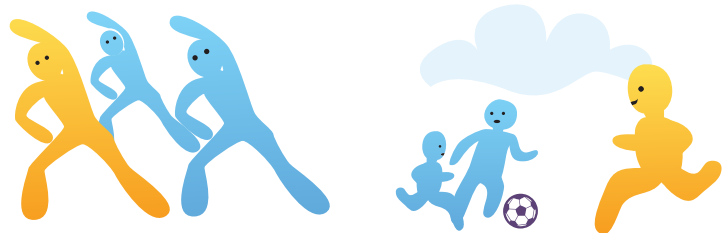
**Build up gradually.**



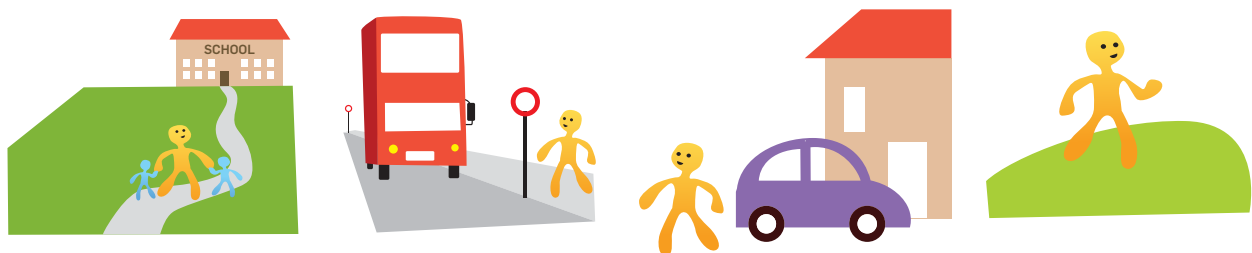
Get started by doing 5 or 10 minutes a few times during the day, and increase this gradually.

**Join a local club or class.**

Check out [www.getirelandactive.ie](http://www.getirelandactive.ie)



**Walk more as part of your ordinary routine.**



## Remember the benefits!

