

# Get Moving THE EASY WAY

Jim Gorman, HSE Physical Activity Co-ordinator, gives you some invaluable tips about seeing off the winter blues and springing into action



**Get Ireland Active**  
Promoting Physical Activity in Ireland

**Y**OU resolved to get moving and clear away that sluggishness caused by the festive overindulgences as the New Year came in. But, two months on, have you broken that promise to yourself to get fit and feel great? Getting a bit more exercise is a fantastic way to improve your mood and your family's well-being. To keep healthy and well, the expert advice is that children should aim for at least one hour of moderate to vigorous activity every day, and adults should aim for at least 30 minutes of moderate physical activity five days a week. Here are some ideas and some motivation for you!

## GETTING READY

Set some realistic goals for yourself. Ask yourself, the following – am I moderately active at least five days per week for 30 minutes? If not start thinking of ways you might achieve this goal:

- I could try to be active every day?
- Could I walk/cycle to work?
- Could I walk/cycle with the children to school?
- Could I walk/cycle during my working day?
- Could I introduce activity into my life before my day starts or ends (an early start can be hard but it's a great way to set you up for the day ahead!)
- I could enquire about activity programmes run by my local sports partnership [www.irishsportscouncil.ie](http://www.irishsportscouncil.ie)
- I could enquire about local walking groups in my area [www.getirelandwalking.ie](http://www.getirelandwalking.ie)
- I could enquire about joining a local cycling club [www.cyclingireland.ie/page/membership/clubs/club-locator](http://www.cyclingireland.ie/page/membership/clubs/club-locator)
- Perhaps I could aim for my first 5km fun run this year
- Perhaps I could aim for my first fun cycle, 50km or 100 km cycle

Being more active has so many benefits for your health and wellbeing. It reduces your risk of a wide range of very common chronic diseases, like coronary heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and dementia. It also has a really positive impact on your mental health and wellbeing, and is proven to be one of the important 'little things' that you can do improve your mood and help you through tough times.

Living an active lifestyle also helps to prevent weight gain, can increase functionality as well as helping to keep your brain active which can prevent dementia in later life. What better gift can you give to yourself this year – keep active!

## FOR MORE INFO

Get Ireland Active – looking for more ideas and advice on how to keep active, then log onto [www.getirelandactive.ie](http://www.getirelandactive.ie)

**FACEBOOK** Get Ireland Active

**TWITTER** #getirelandactive  
Like/Follow our pages and you will be kept up to date with what's happening in the world of Physical Activity. News, advice and tips are posted regularly to help keep people motivated and informed.

## SOME GREAT IDEAS TO KEEP ACTIVE

**LOCAL FOREST TRAILS** THESE are great places of adventure for young and old so make it a point to try them out [www.coillte.ie](http://www.coillte.ie). For example, Coillte newest forest park opened in Cavan Burren in May 2014 and it is an area of very rich archaeological and geological interest, but also has trails into fabulous scenery in north-west Cavan.

**PARK RUN** SO far this year over 23 free 5km routes have been set-up throughout Ireland with more to come for 2015. For example, there is a park run every Saturday at 9:30am in Malahide Castle. Check out [www.parkrun.ie](http://www.parkrun.ie) for more park runs near you.

**SWIMMING** IF YOU weren't brave enough to dip your toes into the open water Christmas Swims then visit your nearest pool for an hour of aqua fun with all the family

**OUTDOOR FRESH AIR** THE simplest and cheapest way to get yourself moving is a walk. Bring the kids and/or dog to the park where you can have more fun playing chase or fetch

**CYCLE** IF Santa was good enough to bring someone a bike this year, then take out your helmets and on your bike

**ROLLERBLADING / SKATING / SCOOTING** PUT on your coats, pack up the gear and head for the nearest park as you let the kids practice their new wheel skills

**EXER-GAMING** EMBRACE the techno world and allow yourself an hour's fun playing activity based games designed for today's consoles!



## THE BENEFITS FROM KEEPING ACTIVE MEANS

- Keeping yourself active will enhance your overall health and wellbeing
- Helping burn off any extra calories consumed over the winter months
- Spending more quality time with your friends and family in a fun low-cost way
- Spend less time 'sitting down' or being sedentary which is not good for your general health especially your heart
- Helping your mental as well as your physical health
- Fitness levels will be maintained when you return to your regular routine after the holiday break
- Looking and feeling better!



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