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.

YOU 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.

• Could I 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 integrate activity into my life before my day starts or ends (in every start can be hard but it’s a great way to get you up for the day ahead!)
• Could I enquire about activity programmes run by my local sports partnership?
• Could I enquire about local walking groups in my area www.getirelandwalking.ie
• Could I enquire about joining a local cycling club www.cyclingireland.ie/page/
• Membership/club/club-locator
• Perhaps I could aim for my first 5km/10km run this year
• Perhaps I could aim for my first fun cycle, 3km or 10km cycle

Being more active has so many benefits for your health and well-being. 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, 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
FACEBOOK Get Ireland Active
TWITTER @getirelandactive

Like follow our page 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.

THE BENEFITS FROM KEEPING ACTIVE MEANS

• Keeping yourself active will enhance your overall health and well-being
• 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!