

Welcome to your week three activity sheet!

When looking to improve our health through movement, it's important to think about both what kinds of physical activity we take part in, but also how often we spend time being sedentary, such as sitting at a desk while working, or laying on the sofa watching TV. No matter how much movement we do, prolonged sedentary periods can have a negative effect on our health, but there are many ways to change our inactive time for something more mobile.

1. Think of your everyday routine: can you identify any long periods of sedentariness? If so, can you identify a change that you could make to

reduce your sedentary time?

There are opportunities throughout our day to move more, whether that's setting time aside for an exercise session, or simply climbing a few flights of stairs rather than taking the lift. For the greatest health benefits, include activities that encompass all components of fitness (aerobic, resistance, flexibility and balance).

2. Are there any exercises or other forms of physical activity that you currently do or would like to? Can you also think of at least one activity that you would like to take part in from each component of fitness?



Working towards reaching the minimum recommended physical activity guidelines can be a great target to work towards. Achieving this will have a beneficial impact on your health and remember that all movement that we do throughout our day contributes towards this total!

3. Can you note down any days that you might be able to add some extra movement? If so, note down what kind of movement you would like to add.

When we look to increase our physical activity levels, we might encounter barriers that limit our ability to succeed. We will look into barriers in more detail in later sessions, so don't worry if you don't have a solution just yet, but its important to think about what might limit your physical activity progress and start to develop a plan to overcome these challenges.

4. Can you think of any barriers that might get in the way of you being more active?

