

Get



...your way, every day!

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Get



...your way, every day!

This booklet is aimed at young people, adults, older adults, and those who look after or care for people in their early years or later life.

This booklet is designed to motivate you and help you to:

- understand what physical activity means to you
- think about what's in it for you
- understand how much physical activity is good for you
- realise how much effort you need to put in
- get active every day
- set yourself goals and get others to join in
- find out what's going on in your area
- get the most out of your activity wheel.

Being active is important, but at times we can find it difficult to get started. This booklet is here to help motivate you to get active, your way, every day!

What does physical activity mean to you?



Being active is good for our health – and being more active shouldn't be too difficult. It can be something that we easily build into our everyday lives.

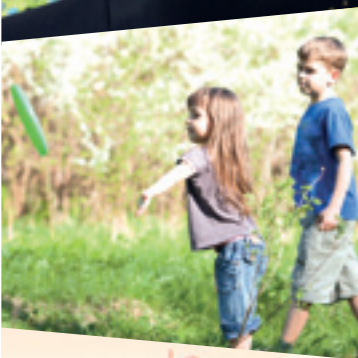
Physical activity means different things to different people. It can be:

- having fun with your parents or grandparents at the park
- walking or cycling to work, the shops or school
- getting to and moving around at an after school club
- taking the stairs instead of the lift
- going to an exercise class with friends
- taking part in classes at your local community centre.

Not all physical activity gets you really hot and sweaty or takes place in a gym or sports venue. Everyday activities can be active too, as long as you put in enough effort (see page 8), so that your breathing and heartbeat become a little faster than normal.

Pause and think

Take time to think of a few things that you (or those you care for) do every day that increase your breathing and heartbeat.



Build on these activities by putting in a bit more effort to increase breathing and heartbeat. This is a simple stepping stone to being more active.

Everyone, at any age, is capable of being active in their own way.



Get active, your way, every day!

What's in it for you?



We are usually motivated to be more active by thinking about how we (or the people that we care for) will benefit.

What motivates you will depend on what age you are. Here are some examples.

Age range	Years
Early years	0-4
Children and young people	5-18
Adults	19-64
Older adults	65+

Early years



What's in it for you?

I want my baby to have fun, make friends, be confident and develop naturally.

Top tip:

Move and play together every day.

What's in it for you?

I want to get with it like my friends, walking and talking is the best social network!

Top tip:

Give it a go! Get active, your way, every day.

Children and young people



What's in it for you?

I want to keep my body and mind healthy for me and my baby.

Top tip:

Get active, your way, every day.

Pregnancy



Pause and think

Take a moment to think about what's in it for you (or the person you care for) and what your motivation to be more active is.



You will feel some benefits straight away, such as social interaction, stress relief or the feel-good factor. Others will be long term.

Adults

What's in it for you?

I want to stay healthy, feel good and get a buzz from life.

Top tip:

Get active, your way, every day.



What's in it for you?

I want to have fun, get moving, spend time with other people and age well.

Top tip:

Get active, your way, every day. Do it for yourself.

Older adults



Thinking about what you want to gain can help motivate you to get up and get active, your way, every day.

How much physical activity is good for you?



We should all aim to be as active as we can. The more we do, the more we get out of it – but any activity is better than none.

The amount of time you should spend being active depends on your age. The minimum amounts of activity you should do are:

Early years	At least 3 hours every day
Children and young people	At least 60 minutes every day
Adults and older adults	At least 30 minutes five or more days a week

Activity wheel

As well as the important messages in this booklet, there are other things to consider depending on your age. Pull out the activity wheel at the back of this booklet to find out what you need to do.

Why not find out what other members of your family need to do and encourage them to **get active, their way, every day.**



Don't forget:

- Be active every day.
- It doesn't all need to be done in one go – small bouts of 10 minutes or more can be added up throughout the day.
- Move more often and break up the time you spend sitting when you can.

Examples of 10-minute activities:

Do 10 minutes of housework in between your favourite programmes.



Scoot to school instead of getting a lift.



10 minutes of tummy time.



Walk while you're on your phone, or just simply stand.



Walk the dog instead of letting it out in the back garden.



Take the stairs instead of taking the lift.



Remember, something is better than nothing, so why not make a start by breaking up the amount of time that you spend sitting down throughout the day.

How much effort do you need to put in?



Regardless of ability, everyone can be physically active in their own way. Tailor activities to suit you and remember – something is better than nothing. One person might find walking up a small hill easy and another person might find it very difficult. In this booklet, the intensity of physical activity will be described as the amount of effort that you put in.

Below is a scale of effort where **0 = no effort** and **10 = maximum effort**. To gain what you want from being active, try to make all activities either 5–6 on the scale, which is medium effort, or 7–8, which is higher effort.



A good way to test your effort is by using the 'talk test'. If walking at 5–6 you should be able to talk easily, taking a few extra breaths while chatting. If you are walking at 7–8, you will be breathing harder and you will be unable to chat without taking big breaths in between.

Effort doesn't apply to the early years (0–4 years). They just need to be active, which can include light activity and more energetic play.



Adults who want to do more

As an adult, what if you already do lots of physical activity or want to do more energetic activities?

If you are already doing solely high effort activities (7–8), you need to do at least 75 minutes a week to get the benefits you want. But you can mix up high and medium effort activities throughout the week to have more variety, or to fit in with your lifestyle.

If you are already doing more than 75 minutes a week of high effort activity, then that's great, keep going.

But remember it's still important to be active every day to **stay healthy, feel good and get a buzz from life.**



Remember: some physical activity is better than none. So, taking your own small steps, get active, your way, every day!

How to get active every day



If you are ready to be more active, a good place to start is by finding times in your day to build in more activity.

Look at the examples opposite for some ideas.

Walking or cycling instead of taking the car or public transport is an easy way to introduce more activity. What's even better is that it's free and it could actually save you money.



Pause and think

Think of a typical day and find two or three times where you (or those you care for) could be active for an extra 10 minutes or more.

Morning

Afternoon

Evening

Weekend

Early years



Children and young people



Adults



Older adults



Set yourself goals and get others to join in



Whether you are already active or you are starting out for the first time, it is useful to set some personal goals so that you can monitor your progress.

Goals need to be realistic and meaningful to you. Here are some examples to get you thinking:

- Find out what opportunities or activities are available in your area (see page 14).
- Ask your friends if they would be interested in doing something with you. This makes it easier for you to stick to your plans as you will not want to let your friends down.
- Challenge yourself to walk to work or school (or at least part of the way) once a week.
- Find an activity that you think you might enjoy and give it a go.
- Get involved in an active event. This could be an active fundraising event, a charity event, a school or workplace challenge, an organised 5–10K walk or jog, or even a Zumbathon.

Pause and think
Take time to set
yourself a goal and
record it somewhere.



Record your progress by writing it down or using an app – whatever works for you.



Example goal: take your children to the park at the weekend and join in when they play.

Find out what's going on in your area



Now that you have a better understanding of what physical activity means to you it might be useful to find out about what's going on in your area. There are some websites, places and people below that will help you on your way.

Online

You can search for activities in your area by entering your postcode on the Active Scotland website.

www.activescotland.org.uk

Take Life On have an online resource to give you hints and tips on how to get and stay active. www.takelifeon.co.uk



Workplace

Your place of work may have a Healthy Working Lives representative who could help you to be more active in and around the workplace. www.healthyworkinglives.com

Work friends or colleagues who are already active will usually be willing to give some advice on getting started too.



Community



There are a number of places, groups and activities in your area that will help you to be active:

- Local parks or greenspace
- Church halls
- Community centres, leisure centres or libraries
- Community sports hubs
- Local health walks:
www.pathsforall.org.uk
www.ramblers.org.uk/scotland
www.visitwoods.org.uk
- Play@home groups (contact your health visitor or public health nurse)
- Scottish Disability Sport
www.scottishdisabilitysport.com/sds

Education



Your local nursery, playgroup, active schools coordinator, primary school, secondary school, college or university will provide opportunities to be more active. Why not get in touch to find out what's going on.

The NHS



You will be able to get advice and support from the NHS to help you get active every day. Try speaking to your:

- GP
- local healthcare centre
- health visitor
- midwife
- physiotherapist.

Remember, being active doesn't have to be expensive or time-consuming. You can build physical activity into any day, even a very busy one. So get active, your way, every day!

Get the most out of your activity wheel



The activity wheel has been designed to give you a bit more information about the amount and type of activities that you could do, depending on what age you are.

You can use it to help plan your own activity levels or to test your friends and family to see if they are being as active as they should be.

Just remove the wheel opposite and get spinning!

If you are unsure about whether you can take part in physical activity, or you are concerned about the impact of physical activity on your health, consult your GP first.



**Everyone can benefit from being
more active and being more active
is something that everyone can do.**

Read this booklet to find out how you can
get active, your way, every day!