



5 Steps to Getting Active

1. Perception is critical to success

Too often we think we don't have time to exercise, but all those little activities we do can really add up. Taking stairs, walking around the shops and parking further from the store all equal a healthier lifestyle. Also, think about this. Three hours per week equates to 1.8% of our entire week! Thirty minutes, five times per week is just 1.5% of our entire week! The average person spends more time standing in queues.

2. Book your activity into your week first

Put your exercise into your day first instead of hoping it fits into your schedule and that you have the energy to do it. It is too easy for our schedules to fill up and then we end up neglecting ourselves. Make that appointment with yourself and stick to it. You'll be amazed how much you can put around it if you just put it there first.

3. Have a back-up plan

Sometimes we have all the good intentions in the world but life doesn't cooperate, such as when pouring rain halts that walk you had scheduled. Think of an alternative when that happens – do a few laps of the stairs at work or get out and walk around the shops. On the other hand, keep a spare gym bag in the car. If you find yourself with an extra 30 minutes in your day, get out and get active. When you plan ahead you'll never have an excuse for not getting enough exercise.

4. Record your efforts

In your day planner or on a calendar, record the time and days that you are planning to be active, and then record the result. Be honest about this. The only person you will be cheating is yourself. Look back over each week and month and see how you are doing. If there is a time (and there will be) when you find you miss a day or two, commit to making it



up the next week. If you have to miss the week, then commit to making it up over the next two weeks. Stick to the commitments you have made and you will thank yourself for it in the end.

5. Reward your efforts

Most of us will focus on goals and not the actions that achieve the goals. Instead of focusing on a goal of losing 10 kg, turn your focus to the actions that will get you closer to that goal. In this case it may be focusing on a plan to be active for a minimum of 30 minutes at least 12 times this month. When you focus on making the actions happen the goals will follow.

When you do follow through on the actions find some non-food ways to reward yourself. Book a weekend getaway, or a spa day, or buy some new clothes. This will be a huge motivator on those days when the exercise just seems like too much work.

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