

Getting active for better health

Any exercise is good, generally
the more the better.

**I can help
you start to
become active**



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How active are you? Do you need some help starting an exercise plan? If so, this booklet can help you. Use it together with any advice or information you get from your doctor.

How much activity do I need? We should all aim to do at least 30 minutes of moderate intensity physical activity on 5 days of each week.

What sort of activity? All physical activity counts. You will benefit from doing the exercises in this booklet each day along with your general daily activities.

If you already do more than 30 minutes of physical activity on 5 days a week, visit www.getirelandactive.ie to find information that's more suitable for you.



Let's get active!

Get moving today!

In the next few pages, you'll find some simple exercises that will take you from being inactive to active in no time. Doing planned exercises along with your daily activities can help to prevent Type 2 diabetes or if you have diabetes, to manage it.

Steps to better health

Check with family doctor (your GP) before starting this exercise programme. Get your doctor or nurse's help to complete **My Exercise Prescription on page 13**

If you're not active at the moment, start with the exercises on the **green pages (page 4-6)** of this guide. If you already do some exercises, go to the **yellow pages (page 7-8)**.

Goals, plans and progress

You'll find some handy charts on page 9 - 13. They'll help you to:

- test your fitness before you begin and each month,
- choose which 'get active' goals you want to set,
- decide what you're going to do to achieve your goals, and
- check your progress to make sure you're on target.

Remember: People who exercise for just fifteen minutes every day have a life expectancy that is three years longer than people who don't exercise.



Where am I now?

What is your current level of activity?

Level 1 I cannot walk for 10 minutes without getting short of breath or feeling pain

Any of the exercises in this booklet will help you. Start with the green pages (page 4) and build up slowly.

Level 2 I can walk for 10 minutes without shortness of breath or pain

All of the exercises in this booklet will help you to keep your balance and mobility. Try doing 5 repeats of each exercise in the yellow pages every day.

Level 3 I can walk for 15 minutes without shortness of breath or pain

All of the exercises in this booklet will help you. Start by doing each exercise once and slowly increase to 10 repeats of each exercise every day.

Active I can walk a mile (about 1.5km) in 15 minutes without shortness of breath or pain.

All of the exercises in this booklet will help you. Do 20 repeats of each exercise every day. For more tips on keeping active and staying motivated, check out www.getirelandactive.ie.

Aim to gradually build up to at least 30 minutes of moderate intensity physical activity on 5 days of the week

Level 1 exercises: Start right now

You can do these exercises sitting in a chair. It's a great place to start if you haven't been active in a while.

Check out the Level 1 Sample Activity Plan in the back of this booklet and then use the My exercise prescription on page 13 to fill in your own plan.



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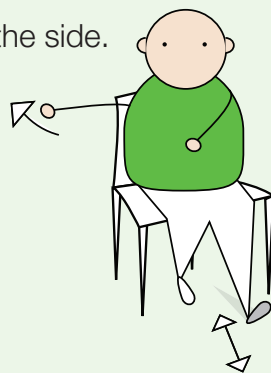
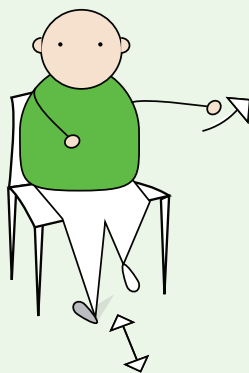
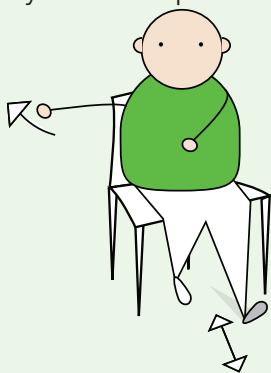
Start with 6-12 repetitions of each exercise. Once you have completed all 4 exercises you will have done one set. Over time, build up to 15-30 repetitions of each exercise and aim to do 3 sets.

1. Heel to toe

With your right foot on the ground, put left foot in front with your heel up.

Bring your left foot back in and kick your right foot out.

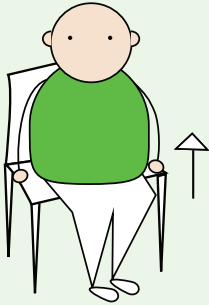
As you do this, alternate putting one arm out in front and one arm out to the side.



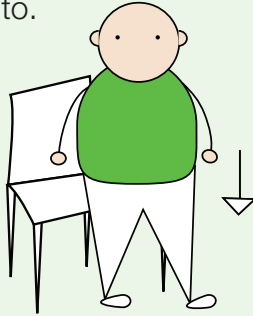
Try to include some walking every day. Start with 5 minutes a day and gradually at your own pace build up to 10 minutes a day.

2. Sit to stand

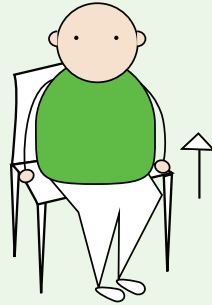
Move forward on the chair and place your feet slightly behind your knees.



Lean forward and keep your back straight stand up. Use your hands for support if you need to.



Then slowly lower yourself back down onto the chair.



3. Boxer

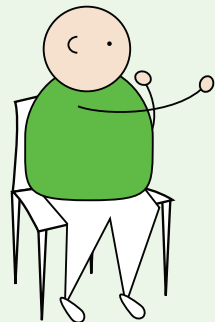
Hold your fists at shoulder level beneath your chin like a boxer.



Smoothly reach your right arm straight out and slowly bring it back to the first position. Repeat with your left arm.



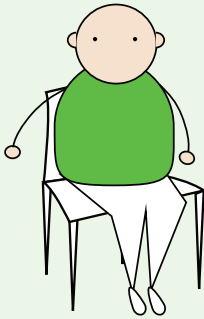
Do up to 10 punches on each side. Repeat the punches bringing your arms to the side and then straight up toward the ceiling.



4. Charleston basic step

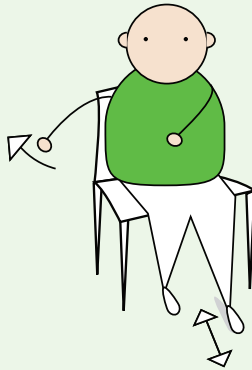
Start with your feet together.

Tap one foot forward then move it back.



Tap the other foot forward and move it back.

Instead of tapping your feet, you can kick if you want.



Swing your arms together to each side, switching sides as you do these taps or kicks.



Take a 1-minute break between each exercise and build up to doing each exercise 3 times.

Try to include some walking every day. Start with 5 minutes a day and gradually at your own pace build up to 10 minutes a day.

Level 2 exercises: Let's get physical!

Exercises for more active people

If you can walk for more than ten minutes without feeling short of breath start your programme here.

These exercises use things you will find around your house. There's no need to join a sports club or gym.

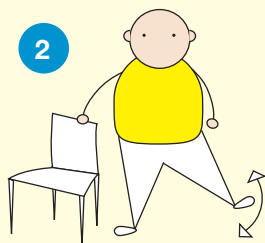
Check out the goals, plans and progress charts on pages 10 -13. They can help you put together your own programme and give you feedback on how you're doing.

Tip:
Exercise at
your own pace
and rest when
you need to.

Take a break of 30-60 seconds between each set of exercises. If you find this too hard at the start, take longer breaks.



Stand tall behind a chair with your shoulders back. Hold the chair with both hands. Slowly raise your leg out to the side and back down. Repeat on your other side.



Stand tall to the left of chair with your shoulders back. Straighten your leg, swing your leg forward and back with your toes pointed.



Hold the back of the chair with both hands. Slowly squat down lowering your hips as low as is comfortable, then push back up. Keep your feet flat on the floor.

- 4 Stand tall and slowly march on the spot, alternating legs at a steady pace. Use a chair for balance if you need to.

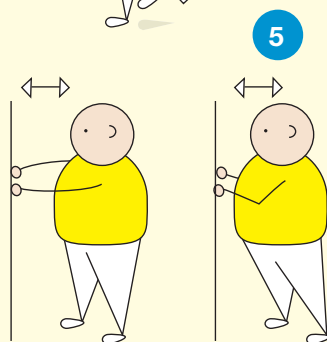


Wall push-ups

Stand with your feet slightly apart and your palms against a wall.

Bend your arms slowly and then lean in towards the

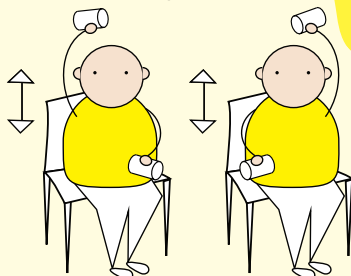
wall, keeping your legs straight. Then straighten your arms so that you're doing a push-up against the wall.



Chair sits

Sit comfortably on a chair. Use bottles or cans as weights and slowly raise and lower the weights as high as you can, one hand at a time. Pick a weight that you

can lift easily, then slowly increase the weight as your fitness improves.



Tip:
Use weights that you can safely hold while you do this exercise

Try to include some walking every day, start with 10 minutes a day and gradually at your own pace build up to 15-20 minutes a day and eventually to 30 minutes.

• Test your fitness •

To find out how fit you are, try this simple test at home.
Then check every month to see how you are improving.

Two-minute step in place test

What I need: Chalk or removable tape and a watch or clock.

What do I do? Stand up straight beside a wall. Using the chalk or tape, mark the midpoint between your kneecap and your hip on the wall.

Still standing beside the wall, march in place for two minutes, lifting your knees to the height of the tape. Rest if you need to. Hold onto the wall or a stable chair if you need to. Stop after two minutes.

How do I score? Count the total number of times your right knee reached the tape during the two minutes.

How do I measure up?

Low is less than 80

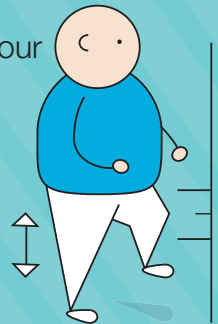
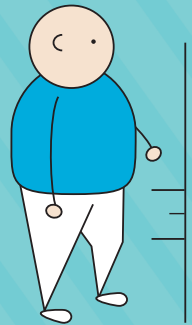
Try to increase this over the next month

Average is 80 – 115

Your health will benefit by beating this

Above average is more than 115

Keep active to maintain this



To learn more about your results, visit www.topendsports.com/testing/tests/step-in-place-2min

Why do I want to get more active?

Number the boxes below from 1 to 7 to see what is most important for you.

- I want to feel better
- I want to improve my energy levels
- I want to sleep better at night
- I want to protect my health
- I want to lose weight
- I want to feel more relaxed
- I want to stay independent

What should I be doing?

Goals for your programme:

Before you start, decide what you want to achieve.

What will your focus be? **Goals should be SMART**

S – **Specific** - *be clear on what you are going to do*

M – **Measurable** - *make a plan of how much you will do*

A – **Attainable** - *I can do this*

R – **Realistic** - *this is possible for me*

T – **Time specific** - *set a time and at the end of it, see how you have done*



For example, I will do 5 minutes of chair exercises each morning and afternoon for this week.

Level 1 sample activity plan Week 1

Day	My Goal	How long will this take me – (minutes)?	What did I actually do today?
Monday	Level 1 exercises (pages 4 & 5)	10	Did page 4 & 5 by 6 repeats = 12 minutes
Tuesday	Level 1 exercises (pages 5 & 6)	10	Did 3 exercises by 3 sets in 10 minutes
Wednesday	Walking on the spot - do 2 minutes, 5 times during the day	10	10 minutes
Thursday	Level 1 exercises (pages 4 & 5)	10	Did 3 sets of 3 exercises in 10 minutes
Friday	Walk up and down the stairs 6 times today	10	10 minutes
Saturday	Walking on the spot for 5 minutes in the morning and evening	10	10 minutes
Sunday	Level 1 exercises (pages 4,5 & 6)	10	Did 2 sets in 6 minutes
Total: Minutes/Week		70	68 minutes

Track your progress

Week	01	02	03	04	05	06	Total
Minutes							

Number of days I was physically active this week

Level 2 sample activity plan. Week 1

Day	My Goal	How long will this take me – (minutes)	What did I actually do today?
Monday	Walking (10mins x2)	20	5 minutes in am and 12 minutes in pm
Tuesday	Walking Level 2 exercises (pages 7 & 8)	10 10	10 minutes Did 3 sets in 10 minutes
Wednesday	Level 2 exercises (pages 7 & 8)	5	5 minute walk
Thursday	Walking (10mins x2)	20	10 minutes in am and 10 minutes in pm
Friday	Level 2 exercises (pages 7 & 8)	10	Did 4 sets in 12 minutes
Saturday	Walking	20	15 minutes
Sunday	Walking Level 2 exercises (pages 7 and 8)	10 10	10 minutes Did 2 sets in 6 minutes
Total: Minutes/Week		110	102 minutes

Track your progress

Week	01	02	03	04	05	06	Total
Minutes							

Number of days I was physically active this week

My exercise prescription

Complete this after talking with your doctor or nurse. Make a photocopy first so you have a blank version for the next week.

Day	My Goal	How long will this take me – (minutes)?	What did I actually do today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total: Minutes/Week

Being active for at least 30 minutes on 5 days of each week or 150 minutes spread over each week can help us to be healthier in mind and body. Start by setting realistic goals for physical activity for the next 3-4 weeks – things you know you can and will do – and keep track of your progress.



Keep at it

To find out more about getting active and details of local events to help you, visit **www.getirelandactive.ie**

To find out more about a range of health-related topics, visit **www.healthpromotion.ie**

For information on preventing Type 2 diabetes or managing diabetes:

Diabetes Ireland
Local 1850 909 909
www.diabetes.ie



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