



I FORGOT MY TRAINERS!!

EXAMPLES OF PHYSICAL ACTIVITY, EXERCISE AND INACTIVITY

PHYSICAL ACTIVITY

Making beds	Cleaning the car	Dancing	Walking up stairs
Walking to school	Shopping	Cleaning windows	Housework
Child care	Gardening	Dog walking	Park
Stairs	Wii	D.I.Y.	Shopping



EXERCISE



Team games	Cycling	Swimming	Aerobics
Body Balance	Gym workouts	Stairs	Sailing
Rowing	Pilates	Walking	Jogging
Yoga	Skiing	Step Class	Walking the dog
Flexibility	Weights	Horse riding	Spinning
Dancing			

Associations with exercise

Hard work	Burns calories	Heart rate increases	Happy
Fun	Can be free	Healthy	Tiring
Toning	Pain		

INACTIVITY

Eating dinner	Doing craftwork	Talking	Sunbathing
Lift/elevator	Couch Potato	Sleeping	Driving
Watching TV	Take-aways	Work	Reading papers
Computer	Travel – planes/train		Sunbed
Jeremy Kyle			



Feelings from being inactive

Introverted	Reluctant	Unhappy	Sloth
Lazy	Dull	Slow	Lonely
Tired	Depressed	Eat more	Bored

Reasons for being inactive

Shy	Feel fat	Lack of confidence	Apathy
Dull			

BARRIERS AND SOLUTIONS

HAVEN'T GOT TIME

Get up earlier Break your exercise into smaller sessions Organise yourself better
Change your exercise to fit with your day, focus on physical activity and inactivity to build physical activity into your day.

IT'S BORING

Use music Plan a different activity/exercise Find something you like
Go with a friend Variety – dance class Make it a social activity
Borrow a dog/child Do something you enjoy

EMBARRASSED

Turn it into a social event Go with a friend Do a home video Get a personal trainer
Use physical activity more than exercise Do a home circuit Wii Fit

DON'T KNOW WHAT I'M DOING

Get a personal trainer Go to a class Ask an instructor Wii Fit Ask a friend
Walk

NO-ONE TO GO WITH

Do a home video Get a personal trainer Go to a pre-organised event
(health walks/group exercise)

IT'S TOO HARD

Only has to be moderate Set aside time Get a trainer Change inactivity
Use a trigger – for example every time you put your deodorant on do some hip rolls, move around when brushing teeth.

I'M NO GOOD AT SPORT/PE

Choose a different activity

CAN'T AFFORD IT

Go for a walk Do exercises at home Swim in the sea



CAN'T GET THERE

Ask a friend

Walk there/just do a walk

Get or borrow a bicycle

Get the bus

I DON'T HAVE THE RIGHT KIT

Go for a walk in your normal shoes

Try charity shops

Ask friends

TOO OVERWEIGHT

Try walking

