

EXERCISE HABIT TIPS

Keep it simple. Keep it fun.

Tip #1 - Plan your exercise

- Schedule your exercise in your diary/phone or use the exercise planner on the next page!
- Write a specific time and location for your workout. E.g. *7am morning walk with Janice at Botanic Gardens.*
- Exercise at a time when you have the most energy and in a location with limited distractions.

Tip #2 – Exercise with others for accountability

- Exercise with a friend or in a group. It is often more enjoyable and keeps you accountable as you need to be somewhere at a specific time.
- Make a financial commitment by signing up to a gym class, joining a dance studio or signing up to an online program with accountability checks.

Tip #3 - Do something rather than nothing

- If you can't do your regular workout due to fatigue or time management, just do something small. If you are completing a strength workout just do one set instead of three. Keep the ball rolling!
- If you have an injury or you are experiencing pain, look for manageable alternatives. If you can't walk due to a knee injury, try swimming or bike riding. If you can't squat, work your upper body.

Keep it simple

When it comes to exercise, don't over complicate it. The exercise guidelines are simple:

- Try to be active every day, aiming for 30 minutes of moderate-vigorous intensity physical activity. This could be bush walking, bike riding, golf, aerobics, gardening, tennis, zumba... take your pick!
- Perform resistance training twice per week, aiming to work the big muscle groups using big movements such as squatting, lifting and pressing.

Keep it fun

Pick something you look forward to. If you like to dance then join a dance class, if getting out in nature is your thing, start bushwalking or mountain biking and if running on a treadmill is still what invigorates you then don't stop. And lastly, don't forget to do your resistance training!

FOUR WEEK EXERCISE PLANNER

When are you going to exercise? WRITE IT DOWN!

Week One							
Date	M / /	T / /	W / /	T / /	F / /	S / /	S / /
AM							
PM							
Week Two							
Date	M / /	T / /	W / /	T / /	F / /	S / /	S / /
AM							
PM							
Week Three							
Date	M / /	T / /	W / /	T / /	F / /	S / /	S / /
AM							
PM							
Week Four							
Date	M / /	T / /	W / /	T / /	F / /	S / /	S / /
AM							
PM							