

Reducing Sedentary Behaviour

Set a Target



Setting a target can be an easy way to get you moving more, and a good way to track your exercise. Using a fitness tracker can help with this or planning to walk for a set amount of time. If you are at the lowest levels of resilience start with gentle walking, in a natural environment if possible. This will help boost both your energy and being, resilience enablers.

Something as simple as a step target for each day can provide you with the motivation to get up from your desk at work, or your sofa at home and go for a walk/run.

Once you are confident with your target, challenge friends or co-workers to see who can achieve the most steps in a week.

What achievable target can you set right now that would help you step up your exercise?

Join a Group



Having a friend/group of friends to go on walks with can help with motivation. An alternative could be joining an exercise or dance group.

As well as the movement, there is also the social aspect. This will help to take away the negative connotations that you may have with exercise.

If you are struggling at the lower levels of resilience and don't feel like being too sociable, walk with a trusted friend who you feel comfortable with, or walk a dog (yours or someone else's!), or just walk by yourself where there are other people you can choose to nod to or pass the time of day with if you wish.

What first step can you take to make exercise more sociable and fun?

Walking Meetings



If your job requires you to attend meetings, and you find these have an impact on your movement, suggest a walking meeting.

This can have a positive impact with movement, while also helping with creativity - you may find walking meetings inspiring towards your work while helping you get up from your desk!

Especially useful in the workplace from Coping and above. Boosts energy and creativity!

How can you build in more walking in your current work schedule?

Activity Plan and Tracker

Remember - Top tips:

- Pick activities which you enjoy and give you energy;
- Only do the types of activity that are right for you and your current resilience level;
- If you have any health concerns or are starting new and vigorous exercise check in with a health professional;
- Mix in social physical activity to meet up with friends;
- Set yourself achievable targets - start small if necessary and gradually build the intensity of any exercise.

See activity tracker template below.

	MODERATE	VIGOROUS	MUSCLE STRENGTHENING	REDUCE SEDENTARY IDEAS
	Heart & breathing rates up Can still hold a conversation	Breathing hard Can't hold a conversation	e.g. weights/ yoga/ carrying heavy bags	Move every 20 minutes Increase walking More stretching
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				