

Think fit!
Be active!
challenge



Your *Be active!* challenge

Your *Be active!* challenge is to earn 15 *Heart points* a week, by doing at least 30 minutes of activity a day.

To help you earn your *Heart points*:

- Find activities you enjoy
- Keep active
- Spend more time doing the activities you enjoy.
- Be active and build activity into your day
- Try new activities

Use the *Be active!* challenge to see how active you are now and to help build activity into your daily lifestyle so you can be active and healthy in the future!

How to do the *Be active!* challenge

Record how much activity you do in a week.

- Record how many minutes of activity you do each day. You can use the record sheet for *Week 1* on page 4. Only record the times when you're active for at least 10 minutes continuously.
- At the end of each day, work out how many *Heart points* you've earned. For each 10 minutes you get 1 *Heart point*.
- Add up your total *Heart points* for the week. You should be aiming for 15 *Heart points* or more a week.

Achieve your *Heart points*.

- After *Week 1*, set yourself a *Heart points* goal.
- Record the activity you do and calculate your weekly *Heart points* total.
- Are you reaching your goal? Set a realistic goal, and gradually increase that goal!

See pages 4-10 for activity ideas and record sheets.

Setting your weekly *Heart points* goal

Where are you now? Where do you want to be?

- *Week 1* See how many *Heart points* you can achieve in a week
- *Week 2* Set yourself a *Heart points* goal based on your score for week 1
- *Week 3* Be realistic. Set yourself a new goal
- *Week 4* Challenge yourself: increase your goal.

When you reach your goal, reward yourself!

Heart points

1 Heart point for every 10 minutes

To earn 1 *Heart point* you have to do the activity **at moderate intensity**.

That means that the activity makes you breathe more deeply and feel slightly warmer than normal. And you need to be active for at least 10 minutes continuously to earn the *Heart point*. Here are some examples of activities you can do.

Everyday activity ...

- Brisk walking (1 mile in 15 minutes)
- Cycling (moderate effort)

Active at leisure ...

- Aerobics/step
- Canoeing
- Cardio/aerobic machines: rowing machine or stair-climber
- Circuit training
- Cycling (moderate effort)
- Frisbee
- Golf (brisk walking in between shots)
- Horse-riding
- Ice-skating
- Jogging (slow pace)
- Roller-skating
- Rowing
- Skipping
- Stair-climbing
- Swimming
- Water aerobics
- Weight-training (moderate weights or repetitions)

Active at home ...

- Dancing
- DIY
- Exercise routine on TV or video
- Gardening
- Hoovering
- Mowing the lawn
- Playing with children
- Stationary biking
- Washing the car
- Washing the floor
- Waxing the car
- Window cleaning

Active games ...

- Badminton
- Basketball
- Football
- Netball
- Softball
- Table tennis
- Tennis
- Volleyball

Active at ease ...

- Pilates
- Stretching
- T'ai Chi
- Yoga



How are you doing?

Fill in a record chart each week, using the charts on pages 4-10. At the end of each week, work out how many *Heart points* you have earned.

0-5

You're not active enough!

Heart points Set yourself a target of getting at least 3 more *Heart points* next week.

6-10

You're taking steps in the right direction!

Heart points Set yourself a higher *Heart points* target for next week.

11-14

You're making positive moves!

Heart points Almost hitting the target of 15 *Heart points* a week.

15-20

Good!

Heart points You're reaching the 15 *Heart points* a week target.

20+

You're a high achiever, with energy and vitality!

Heart points

Week 1

Every minute of activity counts.

Keep a record of your activity and add up the total for the week.

Activity

Put a star next to the activities you enjoy.

Minutes

Heart points

Weekly minutes total =

Weekly *Heart points* total =

Can you be active...

...before work?

- Wake up 30 minutes early and go for a swim, walk or cycle
- Do an active routine – for example yoga, Pilates or T'ai Chi
- Walk or cycle all or part of the way to work
- Arrange to meet friends or colleagues as you walk or cycle
- Park at the furthest end of the car park
- Visit your local leisure centre on the way to work, especially if you can make use of flexitime.

... during work?

- Do some quick stretching at your desk throughout the day
- When you can, walk to talk instead of using the phone or e-mail
- Put rubbish in the bin furthest from your workstation
- Use the stairs instead of the lift
- Take a 5-minute walking break
- When on the phone, stand, march on the spot or do calf-raises
- Use the furthest bathroom, preferably up or down stairs
- Take a walking meeting to brainstorm ideas with co-workers
- Bend, stretch, move, lift, or carry whenever the opportunity arises
- Send printing jobs to the printer at the furthest point away from your work station
- Offer to take the post and fit a walk into your day.

Week 2

You are aiming to do 30 minutes of activity a day.

Activity

Put a star next to the activities you enjoy.

Minutes

Heart points

Weekly minutes total =

Weekly *Heart points* total =

Can you be active...

... at lunchtime?

- Pick some dining spots 10 minutes away to add a walk to your lunch break
- Set up a lunchtime walking group
- Take part in a lunchtime activity class, either at work or at a local leisure centre
- Form a sports team
- Play a game at lunchtime with a colleague or friend: badminton, tennis, squash or table tennis
- Meet a friend to go for a swim or a cycle ride.

... after work?

- Walk or cycle all or part of the way home
- Meet friends on the way home and go for a walk or play a game
- Form a club or sports team and meet after work to be active
- On your way home, stop off at your local leisure centre. Use the pool or gym, or do an activity class
- Get off the bus a few stops early and walk the rest of the way home
- Be active with your family before your evening meal: play games, go for a walk, or do an activity you enjoy.

Week 3

It's easier than you think to build up 30 minutes of activity a day. You can choose to do shorter bouts of different activities throughout the day. For example:

- a 10-minute walk to work, or
- a 15-minute walk or cycle before your evening meal.

Activity	Minutes	Heart points
Put a star next to the activities you enjoy.		

Weekly minutes total =

Weekly *Heart points* total =

Can you be active...

... in your leisure time?

- Join an activity group or club
- Meet with a friend and do an activity you both enjoy
- Count active indoor chores – done briskly – as part of your daily minutes of activity
- Explore an area by walking, cycling, jogging or roller-blading
- Work out with an exercise video
- Be active outdoors and get your chores done: gardening, washing the car or cleaning the windows
- Use the stairs as much as possible
- Walk or cycle to your local shops
- Play games with children and friends: in the garden or at the park
- Try an activity you have always wanted to do
- Visit your local leisure centre: use the pool or the gym, or do an activity class
- Go dancing with friends instead of sitting in and talking.

Week 4

Look at the activities you enjoy. Try and do them for longer or more often.

Activity	Minutes	Heart points
Put a star next to the activities you enjoy.		

Weekly minutes total =

Weekly *Heart points* total =

How are you doing? Turn to page 11 and record your weekly minutes and *Heart points*. Chart the progress you are making for a month.

See your progress!

	Week 1	Week 2	Week 3	Week 4
Minutes				
Heart points				

- Look back at pages 4-10 to find your weekly *Minutes* totals and *Heart points* totals. Write them in the boxes above
- Chart your progress in the box below. You should aim for at least 15 *Heart points* a week
- See how you have increased your activity levels
- Don't stop now. Keep setting new goals, have fun and stay healthy!

