

WEEKLY ACTIVITY DIARY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Morning | | | | | | | |
| Lunchtime | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |

BEATING
HEART
DISEASE
TOGETHER



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30 MINS A DAY – ANY WAY

BEATING HEART DISEASE TOGETHER



CONTENTS

| | |
|---|-------------------------|
| Is this for me? | 3 |
| So how active am I? | 4 |
| Why is physical activity important for me? | 6 |
| How much should I be doing? | 8 |
| What sort of things should I be doing? | 10 |
| What's stopping you? | 14 |
| Getting started... and keeping going | 16 |
| Making it safe and enjoyable | 17 |
| How am I doing so far? | 19 |
| What if I have...? | 20 |
| Healthy eating | 22 |
| For more information | 23 |
| How you can help the British Heart Foundation | 25 |
| Getting started – making an action plan | 27 |
| Weekly activity diary | Pull out section |



In 2007, the British Heart Foundation launched a campaign to encourage people to think about their heart health and to be more physically active. Just 30 minutes of moderate physical activity a day on at least five days a week can halve the risk of heart disease. Cycling, brisk walking, dancing, swimming and playing with your children or grandchildren can all contribute to this 30 minutes, helping you to live a healthier, longer and more fulfilling life.

For more information, visit bhf.org.uk/thebeat

GETTING STARTED – MAKING AN ACTION PLAN

Making a start is the most important step you can take. Use these pages to make a realistic and personal action plan based on the information in this booklet.

1. CHOOSE YOUR ACTIVITIES

Think about the three groups of activities on pages 10-13. Choose some activities that you will enjoy, want to do and will fit into your lifestyle.

1.

2.

3.

2. SET A DATE TO MAKE A START

You might want to start straight away. Or you could plan to start in a few days or next week.

I will start on

3. CHOOSE A TIME

Choose a time you can remember, that fits into the rest of your day and could become part of your routine – either morning, afternoon or evening.

My time for activity will be

4. WHAT ELSE DO YOU NEED TO DO BEFORE YOU START?

For example

- Do you need to find out some information – perhaps from your local library or leisure centre?
- Would talking to a friend or your partner be helpful?
- Do you need to check anything with your doctor?

This is what I need to do

5. SET SOME PERSONAL GOALS OR TARGETS

Setting a personal goal is another important key to success, so ask yourself – what do you want to achieve? Set a long-term goal and short-term goals, and write them below.

Make your goals specific. Instead of saying “I want to become more active,” set yourself a specific goal – for example “I will walk for 15 minutes at lunchtime and another 15 minutes in the evening.”

Be realistic. If you're not very active at the moment, don't set yourself a goal of walking for an hour a day on five days a week, as that's a very big change. Set yourself a realistic goal that you can achieve, and then move on.

Think about what simple, achievable but important changes you could make.

For example – walking some or all of the way to work, to the shops or to a friend's house instead of taking the bus or driving, or always using the stairs instead of the lift.

Or, are there any specific opportunities that you could take advantage of?

For example – walking to the newsagent's every day, or taking your children or grandchildren to the park. Or how about deciding to join a walking group or learning to swim?

My long-term personal goal is to

My short-term goals are to

Once you've set your goals, use the *Weekly activity diary* overleaf to record your progress.

NEED SOME MORE IDEAS?

Here are some ideas for short-term goals, to get you started and help you with your action plan.

I will walk for 10 minutes each day.

I am going to spend five minutes every day doing some stretching.

I am going to spend 10 minutes a day dancing to my favourite music.

I will always use the stairs instead of the lift or escalator.

I will wash and wax the car myself.

I am going to get off the bus a few stops earlier and walk.

I am going to find a friend to be active with.

I will take up my interest in nature walks.

I will learn to swim.

WHAT WILL HELP MAKE IT EASIER TO GET STARTED?

- talk to your friends about the things they do to stay active
- visit a local leisure centre to find out what's on offer there
- find out about group activities that might interest you and are nearby – for example, local walking groups, evening classes or dancing
- try new things and learn new skills that can get you moving
- talk to your doctor or a health professional about making a start.

