

# The Get Active Challenge

Start by setting realistic goals for physical activity during the next 2 weeks.

Keep a record of what activity you do each day. For example, if you walk for 15 minutes and garden for 20 minutes fill in your record like this:

Day	Activity	Minutes	Total
Monday	walking	15	
Tuesday	gardening	20	
Wednesday			

## Moderate activity

Heart is beating faster than normal, breathing is harder than normal.

## Vigorous activity

Heart is beating much faster than normal and breathing is much harder than normal.

- For most people a brisk walk is moderate activity.
- You can get the same benefit from vigorous activity in less time – one minute of vigorous activity = two minutes of moderate activity.
- Remember you need to be physically active for at least 10 minutes.
- At the end of each week look over your record card – you may be surprised at how well you are doing.
- If it is difficult to find time or energy, try activities that you would enjoy more, or ask a friend to join you for support.

# Week 1

**Goal:**

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Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



# Week 2

**Goal:**

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Day	Activity	Minutes	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Well done on completing **The Get Active Challenge.**

Now start again and increase the number of minutes each day and you will gain even more health benefits and feel good too.

