



# GET MORE ACTIVE



## Schedule it

Treat physical activity like an appointment to make it a consistent habit.



## Set Simple Goals

Clear, realistic goals help you stay motivated and track progress.



## Reduce Sitting Time

Stand, stretch or walk briefly every hour to keep your body engaged.



## Accountability Buddy

Exercising with someone increases commitment and consistency.



## Take the Stairs

Choose stairs over lifts and escalators to build strength and add quick bursts of activity to your day.



## Park Further Away

Park at the far end of carpark to sneak in extra walking without changing your schedule.



## Track Your Progress

Use a notebook, app or fitness watch to monitor your activity and see your improvement over time.



## Celebrate the Wins

Acknowledge small wins to build confidence and momentum.

