

Regular exercise

We know that moving more and taking part in more regular exercise can improve your life. Have a look at the list of benefits opposite.

Which reasons for doing more physical activity are important to you?

Tick the reasons you would like to be more active and then select your top three (or come up with your own which are not already listed)

Listing the three most important reasons will help you to overcome the barriers that might stop you moving more

My top three:

1

2

3

Notes:

- Lifts your mood
- Improves learning ability
- Builds self-esteem
- Keeps your brain fit
- Keeps your body fit and able
- Boosts your mental health
- Boosts your immune system
- Reduces stress
- Makes you feel happier
- Has anti-ageing effects
- Improves skin tone and colour
- Improves sleep patterns
- Helps prevent strokes
- Improves joint function
- Improves muscle strength
- Alleviates anxiety
- Sharpens memory
- Helps to control addictions
- Boosts productivity
- Boosts creative thinking
- Improves body image
- Gives you confidence
- Helps you keep focused in life
- Improves eating habits
- Increases life span
- Strengthens bones
- Strengthens your heart
- Improves posture
- Prevents colds
- Improves appetite
- Improves cholesterol levels
- Lowers risk of certain cancers
- Lowers blood pressure
- Lowers risk of diabetes
- Fights dementia
- Eases back pain
- Decreases osteoporosis risk
- Reduces feelings of depression
- Prevents muscle loss
- Increases energy and endurance
- Increases sports performance
- Increases pain resistance
- Improves balance and coordination
- Improves oxygen supply to cells
- Improves concentration
- Helps self control
- Lessens fatigue
- Increases sex drive and satisfaction
- Makes life more exciting
- Improves quality of life

My goals

Having a goal gives you something positive to work towards and helps you recognise your progress. Talk to your friends and family about them. Set yourself achievable goals and celebrate when you reach your goal!

Build up gradually, at your own pace

Think about what you enjoy doing

Start at a level that's right for you

My long-term goal

What would you like to achieve in the next few weeks or months?
How would you like to feel?

Example:

"At the moment I get the bus to the shops twice a week. By the end of next month, I will walk to the shops instead."

My short-term goal

Try to make these goals as specific as possible and include:

- ✓ What you'll do
- ✓ When you'll do it
- ✓ How long you'll do it for
- ✓ Who you'll do it with

My first short-term goal

I will...

When will I do this?

Where will I do this?

Who will I do this with?

Short-term goals help you gradually build up your activity levels to help you achieve your goal.

Example:

"At my exercise class, I will do two more repetitions of my arm exercises this week."

Tip:

Work towards your goal with another person – it can be easier to stay motivated when you have company.

It's all in the planning

What things might stop you achieving your short term goal? It could be the weather, feeling unwell or other commitments. Think about how you can overcome them.

Things that could get in my way.


Poor weather

To overcome this, I will...

Dance at home instead of going for a walk for half an hour.

If you don't achieve your goal, that's OK. Don't be disappointed with yourself. Think about what you did achieve, no matter how small.

Take some time to think about why you didn't achieve your goal...

 Did you give yourself enough time?

 Was it too difficult?

 Did you get enough support?

 Did you actually do the exercises?

Be honest with yourself. Also be kind to yourself and return to an easier activity if it was too hard. Or think about making changes to your goal to make it more achievable next time.

Physical activity diary

Adding your goals to a calendar or planner can help you to feel more committed to your goal. Ticking off what you have achieved and recording how it has made you feel can all help too. Use this space to plan your goals, record when you have achieved them and how it made you feel.

If this works for you., you can download or print more trackers from the Healthy Suffolk website.

	My goal	Was it achieved?	How did I feel before?	How I felt afterwards?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Could you help to inspire others?

We would love to hear from you. Share the goals you committed to, to become more active and tell us how you have benefitted from the changes, for your chance to win a voucher to use with your local leisure centre.

Email HealthandWellbeing@suffolk.gov.uk

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Contact us by
30th April 2025
to be entered
into a monthly
prize draw.