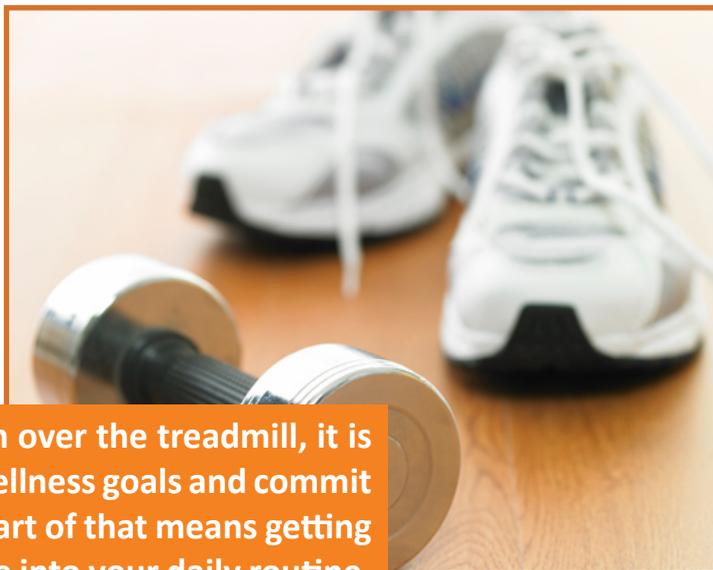


# Say goodbye to inactivity!



If you are guilty of choosing the couch over the treadmill, it is time to re-evaluate your health and wellness goals and commit to living a healthier lifestyle. A huge part of that means getting more active and incorporating exercise into your daily routine.

According to experts, being physically inactive may be as damaging to your health as smoking cigarettes. Many people don't smoke because of the health implications. But, do they exercise? Mostly – no!

What is it about the word 'exercise' that scares people? Does it imply time-consuming workouts that create a lot of sweat and very little to show for it? Certainly, for most people the first thing that comes to mind when they hear the word 'exercise' is: "I don't have the time."

Moderate physical activities like brisk walking can promote good health almost as much as vigorous workouts. Choose activities that you enjoy and MAKE time for them. All you need to do is take one more step today than you took yesterday.

## Here are some tips for getting started:

- **Stand up.**

There are many different types of exercise but none of them are as easy to begin as walking is. Take the stairs rather than the lift and try to get in at least 10 000 steps a day.

- **Exercise doesn't have to be an event.**

Planning your schedule to fit in 30 minutes of walking is ideal, but it's not the only way to get active. Wearing a pedometer from the moment you get out of bed will serve as a reminder that

every step you take contributes to your physical activity quota. The goal is simply to move more, don't overwhelm yourself with elaborate plans for marathon training.

- **Up your pace.**

A slow dawdle is better than nothing but aim to walk at a brisk pace. As an indicator, imagine that you are walking to catch a bus.

- **Remember the 'talk test'.**

Buddy up and while walking, see if you can have a conversation with your partner. If you don't have enough breath to talk, you're pushing yourself too hard.

- **Keep up with yourself.**

Tracking the number of steps you take each day is a great way of motivating yourself to be better tomorrow. But, it does require diligence. Don't forget to keep track of your progress, the reward will be great.

- **Look out for family fun runs.**

Read your local newspaper to find out if there are any fun runs happening in your area. This makes a great morning out with your friends or family and can be very rewarding.

- **Get the all clear.**

Check with your doctor before starting any exercise programme.