



# GET ACTIVE CHALLENGE

## Personal Training Plan

# Getting started

Being more active has a huge positive impact on our physical health as well as on how we feel and how we manage the daily pressures and stresses in our lives. Did you know inactive people are 1.9 times more likely to have a heart attack than active people (Blair, 1992) Modern living has reduced the need for our daily routines to involve physically active tasks, that's why most of us need an exercise programme...it acts as a supplement to make up for the fact that our lives are now more sedentary. This 4-week plan is incredibly simple to follow. Decide on your daily activity and monitor your progress using the personal training log (shown overleaf).

## How the challenge works

This challenge aims to motivate you to include more exercise each day. The human body is designed to move and there is no doubt that moving more and sitting less is good for your overall health; increases happiness, self esteem, fitness levels and reduces the risk of diabetes, heart disease, weight gain, osteoporosis and cancer.

## Our challenge is simple...

- Register as an individual or team of up to 5 people.
- Record daily activity level in minutes of exercise.
- At the end of each week enter the total number of minutes that you have earned that week (if part of a team your team manager will do this).
- Aim for at least 150 minutes (2½ hours) of moderate intensity activity a week

## Participant information

- Read the Information Pack and download your Personal Training Plan.
- Plan how you are going to fit exercise into your day.
- Talk to your team about what you can do together; a lunchtime walk or a class after work.
- Download apps such as Strava, Endomondo to track activity.
- Any team member concerned about their health should consult their GP prior to starting the challenge

## What your aiming to do

Rating Number	Perceived Exertion
6	Very, very light
7	
8	Very light - you feel comfortable
9	
10	Light
11	
12	Somewhat hard - you feel tired but you can keep going.
13	
14	Hard
15	
16	Very Hard - you feel very tired, and you are pushing yourself to continue.
17	
18	
19	Very, very hard - the most difficult exercise you have ever done
20	

- The recommended guidelines are to accumulate at least 150 minutes (2.5 hrs) of moderate intensity activity a week.
- Everything counts (e.g. brisk walking, fast housework, active gardening, jogging, bicycling) so long you do it for at least 10 minutes and that you feel warmer and breath faster. For example, a 10 minute walks to and from the station each work day and 10 minutes walk at lunch would all count as activity minutes.
- You can include sport, swimming, rowing, cycling, gardening and dog walking.

**The only criteria are that must adhere to is to ensure that you are 12 or above on the scale when you exercise. Ideally your range should be from 12 to 16 for this challenge.**

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

