

AccessEAP®

People in Focus



10 TIPS TO
**BOOST YOUR
PHYSICAL FITNESS**

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When life gets busy, and our routines get out of whack, it can be tricky to maintain a consistent exercise routine. Wherever you are at, it's great to think about increasing your physical activity or even to shake things up and try something new. Here are some tips to inspire you to get moving:

1. Set a health goal. Write it down and share it with colleagues and friends – this will mean you are more likely to achieve it. Gradually work towards that goal, step by step.
2. Understand your why – what is pushing you to increase your fitness? Could it be deeper than a waist measurement and more like stress management or better sleep?
3. If you take public transport home from work – get off one station earlier and walk home.
4. Take 20 minutes out of your Sunday and plan your week to fit in the exercise. Find a calendar that you can colour code, choose your favourite colour for exercise, and slot in times to get active. This will mean that no other meetings can be booked at that time. Secondly, if it gets to that time and your diary is hijacked, take whatever remaining minutes you have than not going at all.
5. Factor in household duties. Think of cleaning your house as part of your exercise regime. Walk to the local shops multiple times a week to get supplies rather than driving.
6. Don't expect to love doing the "couch to five km" app (for example) straight away. This is a new skill and not something that you may be good at quickly.
7. Find your supports and ask them for specific things – meet you at the park, parent/care for loved ones, not book meetings in your lunch break.
8. Get a routine around your exercise and set yourself up for success. Get your clothes out and make sure your shoes are easily found (you can sleep longer if this is done).
9. Go for a short, sharp 20-minute exercise plan that will allow you some flexibility to keep living your life and the demands in it.
10. If you prefer working out from your home, get creative. Go for a walk and then come home and lift some cans of spaghetti and some large pumpkins for weights. This keeps costly gym memberships down too.

AccessEAP is our EAP provider and can help connect you with clinical experts who can help you support your mental health and wellbeing.

For more information or assistance, contact AccessEAP on 1800 818 728.

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