

My 12 Week Plan

Try using the chart below to track your progress.

"It helps me to keep up with the grandchildren"

Anthony



The aim is to gradually build up to 150 minutes of activity a week.

You can count activity that lasts for 10 minutes or more towards your total.

Write down the date then how many minutes a day you have been active.

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total	Weekly Challenges
	For example:	10mins	-	10mins	20mins	-	30mins	60mins	130mins	Tick when complete
1/...../.....									Sign up to try a local activity
2/...../.....									Get out in the garden
3/...../.....									Explore your local park
4/...../.....									Take a friend to an exercise class
5/...../.....									Try an activity you've not done before
6/...../.....									Find a new local walk and take photos
7/...../.....									Try yoga - great for body & mind!
8/...../.....									Go for a bike ride
9/...../.....									Try a dance class or a game of bowls
10/...../.....									Aim for 3 walks in one week
11/...../.....									Try a swim or aqua-aerobics class this week
12/...../.....									Add variety - pick 3 classes to try!

IT'S NEVER TOO LATE

TO BE ACTIVE

Staying active as we get older keeps our body strong, our mind sharp and gives us more energy to keep doing the things we love. And the good news is, it's never too late to start.



"I feel happier and more positive in myself"

Barbara

Activity aims

Having something to aim for is a great way to get more active. Even small changes can bring big benefits, so start by planning one or two activities and build up from there.

Where am I now?

In this box, write down how much activity you think you do at the moment:

I currently do minutes of activity a week.

'Activity' means something that causes you to raise your heart rate and feel out of breath – either moderate (slightly out of breath) or vigorous (very out of breath).

Where do I want to be?

In this box, write down what your activity aims are:

Activity: (mins per week)

Other aims:

.....
.....

Top tip: The recommended amount is 150 minutes a week, but you don't have to get there straight away – think about working towards this over the next 12 weeks.

How will I get there?

Try to plan out what you will do and when. Use Barbara's example to help you.

I will: Go for a walk at lunchtime

On: Mondays **At:** 12.30pm **For:** 10 minutes

I will: Meet Chris and Sue for a swim and cuppa

On: Tuesdays **At:** 5.30pm **For:** 20 minutes

After a few weeks Barbara added:

I will: Increase my walk to 20 minutes and swim to 30 minutes

My activity planner:

I will: **On:** **At:** **For:**

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