

# MOVE **4** HEALTH

## How to get started

- Before starting always get a check up with your GP especially if you have a medical condition.
- Set yourself a goal and increase your activity weekly.
- Aim to get active for 30 minutes a day at least 5 times a week.
- Find a friend who wants to get active.
- Wear comfortable clothing and supportive footwear.
- Remember to always listen to your body; if you feel too tired **STOP AND REST!**



Get Up  
and Go!

If you have an injury or are experiencing difficulty exercising, a Chartered Physiotherapist may be able to help. Your Chartered Physiotherapist is trained and qualified to advise you on appropriate exercise and injury prevention.

Find a Chartered Physiotherapist in your area at [www.iscp.ie](http://www.iscp.ie) or via your HSE local health office.

*Remember - with a Chartered Physiotherapist you're in safe hands!*



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Get Up  
and Go!

Promoting health  
through physical activity  
in adults of all ages!



Irish Society of  
Chartered Physiotherapists

[www.iscp.ie](http://www.iscp.ie)

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 Ulster Bank

IN YOUR

20's & 30's

IN YOUR

40's & 50's

IN YOUR

60's +

## What's happening?

- Jobs become careers so you're working longer hours.
- You may have put your foot on the property ladder.
- These changes can result in increased stress and decreased fitness.

- Your family is growing.
- You may be higher up the career ladder.
- You have less 'me' time.

- You're approaching retirement.
- You may be starting to feel some aches and pains.
- Your family may have left home so you have more time to yourself.

## How can getting active help?

- Activity can reduce stress levels.
- You'll have a better work-life balance.
- Exercise can help to control your weight.
- Getting active can set a good foundation for a healthy heart in the future!

- **Even if you've never been active before, commencing exercise in your 40's can decrease the risk of heart disease by 55%.\***
- Weight-bearing exercise such as walking or aerobics can improve bone health.
- Exercise reduces the risk of developing diseases such as cancer and type II diabetes.

- Being active will help improve your sleep pattern.
- Exercise may reduce your risk of developing depression by raising endorphins and lifting your mood.
- Certain exercises prescribed by your Chartered Physiotherapist can improve your balance and strength, helping you to avoid falls.

## Get up and go!

- Park a 10 minute walk from work or take a walk at lunchtime.
- Take the stairs instead of the lift.
- Think about your posture at work.

- Walk the kids to school instead of driving.
- Get the whole family involved in a game of rounders or football.
- Start a 5-a-side or a walking group in work.

- Keep active outdoors e.g. gardening and walking the dog.
- Meet new people by joining bowls, dance classes etc.
- Watch out for exercise classes in your local community.

\* Heart Journal, entitled Lifetime Physical Activity Patterns and Risks of Coronary Heart Disease, by Dr Dietrich Rothenbacher, Sep 06, '92, 1319-1320.



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