

TOP 10 TIPS TO GET ACTIVE AND STAY ACTIVE

Getting active may be a big lifestyle change for you. But setting clear goals, recording your progress and having support can all help. Becoming active for the first time or returning to activity during or after a condition like cancer may not be easy, so here are our top 10 tips on how to get started and keep going:

1. Keep in mind the benefits of becoming more active, and what you hope to achieve.
2. Set goals you can achieve at your own pace. Whether that's being more active around the house, going for a walk or participating in a class, make sure it's the right goal for you.
3. Gradually build up how much you do.
4. Keep a record of how active you've been and how you feel after being active so you can see your progress. Try using the activity diary included in this pack to help.
5. Share your plans with other people who are supportive.
6. Try being active with other people, such as family or friends, or join a group or a club.
7. Make sure the activities you do are fun and enjoyable.
8. Don't be disheartened if you don't achieve a planned goal. Think about what went wrong, and set a new goal.
9. As you find you can do more, try a new activity. Some people find trying a variety of activities helps.
10. Remember you can ask for advice from your cancer specialist or GP if you have any questions about becoming more active. They may refer you to an exercise specialist or physiotherapist.

