

# Getting more active

Exercise has been shown to help people quit smoking, and it can also help improve your mood by releasing good chemicals in your brain. Of course there can be barriers to getting active - lack of time and money, lack of local facilities, perhaps feeling too old or unfit to start. But some of these barriers are in our heads. **Getting more active doesn't need to be complicated.** Start by building up gradually, perhaps walking an extra 5 minutes a day, and as you get fitter you'll find you can do more.

## Get active at home

- Housework and gardening both contribute to your activity total
- Tackle major projects if you're feeling energetic - but don't overdo it

## Get active at work

- Office workers in particular can get very inactive in work hours
- Walk or cycle to work if possible- or get off the bus a stop or two early and walk
- Stretch and move around during breaks from keyboard work
- Take the stairs instead of the lift
- Try to get some gentle exercise at lunchtime, even if only a quick walk

## Get active in your time off

- Choose a form of regular exercise you can enjoy: you won't keep it up if it's a chore!
- Walking is a great way to relax and get out- see details of 'Walk & Talk' programme below
- Chair-based exercise sessions help maintain independence, increase strength and balance (see below)
- Dancing and swimming can be pleasant and sociable
- Yoga, tai chi and other traditions combine exercise and relaxation
- Some people enjoy team games - it's not just for school days!

## Try local facilities & programmes

- To find out more about a range of local indoor and outdoor activities and sports, check out GoDoActive **[www.godoactive.im](http://www.godoactive.im)**
- 'Walk & Talk' offers a more gradual approach to exercise, and the chance to meet up socially with others. You walk at your own pace. Walk & Talk sessions are available every week in Douglas, Ramsey, Peel and Castletown. For more information, call Gianni Epifani on 688556, email [Gianni.Epifani@gov.im](mailto:Gianni.Epifani@gov.im) or visit **[www.gov.im/sport](http://www.gov.im/sport)** and click on 'Activities for Adults'.
- Chair-based exercise sessions are held all around the Island every week. They are 1 hour of gentle exercise followed by a chat and refreshments, primarily for the over 50's. Tel 612439 for details.
- The NSC (National Sports Centre) offers great facilities, without expensive joining fees. Many classes are 'pay as you go', so you can try something new. Phone 688588 for details about the NSC, or check out the following website: **[www.gov.im/nsc](http://www.gov.im/nsc)**
- Try local swimming pools at Ramsey (Tel: 812852), Peel (Tel: 842525), Castletown (Tel: 823930)

## Get active safely

- If you have serious health problems take medical advice before starting an exercise programme
- Don't push yourself if you're unwell - and always stop if you feel unwell while exercising
- Wear the right footwear, and protective clothing if necessary
- Know how to use any equipment
- Always warm up before vigorous exercise, and wind down slowly as you finish

Adapted from 'The Really Helpful Guide to Running Stop Smoking Sessions: ASH in Wales, 2001'