

# COACHING YOURSELF

## Tips to Get More Active More Often

Make time, every minute counts.

Be brave and give it a go.

Repeat what works, change what doesn't.

Use regular patterns to help create new routines.

Keep learning.

Connect with people.

Share your experiences

Find what works for you.

Take time to reflect on what success looks like for you

Celebrate the little things



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## Tips to Get More Active More Often

### Make time, every minute counts.

Something is better than nothing when it comes to getting active. What ideas can you think of to break up long periods of sitting or screen time with some physical activity?

### Be brave and give it a go.

Take a positive approach and make a commitment to give things a go a couple of times at first. What tools could you use to help you record your progress?

### Use regular patterns to help create new routines.

The key is making activity fit into your lifestyle in a way that works for you. What existing habits can you tap into to help make getting active easier?

### Connect with people.

Sharing your experiences of getting active with other people helps to support positive behaviour change. Who can you ask to help keep you on track and motivated?

### Make time to reflect on what success looks like for you.

Setting goals can really help to keep motivated and focused. Try to make this more than a target time or weight. What does success look like for you?

### Celebrate the little things.

Make sure to recognise the steps you take, not every step will take you forwards. How will you reward yourself for a great effort or a job well done?

### Find what works for you.

Getting more active doesn't have to mean playing a formalised sport or activity with rules and measures. What does the perfect activity or sport look like for you?

### Share your experiences.

Your story can be the inspiration for others, as can the lessons you have learned along the way. How could you support other people on their journey to being more active?

### Keep learning.

Create a network to help you learn more about getting active and support you to stay that way. How can you recognise your existing network, or create one?

### Repeat what works, change what doesn't.

Keep it simple, make your sessions exactly what you need them to be. What different ways can you think of to keep a record of your favourite sessions or activities?