How To Be Active
For A Happy Heart

Information Booklet
to help you keep more active

supported by

[Logo]

Health Service Executive
There is wide scientific agreement on the many health benefits which we can gain from being active, on how much and how often we need to be active and the type of physical activity or exercise we need to do.

This booklet will help you understand what the recommendations are for being physically active, what the different terms mean, as well as how and when you can build more activity into your life. The last section of the booklet helps you get started on a four week programme of activity by earning *Heart points* and helps you to reach your desired goal.

Increasing the amount of activity and the intensity will bring additional health benefits. Information provided later in the booklet will help you to increase the health benefits from regular physical activity. It also describes how to include more vigorous activity, if you would like to do so.

This booklet is closely based upon the British Heart Foundation’s ‘Think Fit’ booklet and is reproduced with the kind permission of the British Heart Foundation as copyright holder.
Contents

Be active for your heart and health 4
Be active …at least thirty minutes most days 5
Be active …and vary activity 6
10 reasons to be active…anyway…anywhere 7
Be active@work 8
Be active@home 10
Be active@leisure 11
Now get fitter 12
What intensity is the activity 13
Be active out and about 14
So what’s your excuse? 15
Be active .....and manage your back pain 16
Medical conditions 17
Be active .......and manage your stress 18
Be active ......and manage your weight 20
Be active – take up the Challenge 22
Useful contacts 30

HOW TO BE ACTIVE FOR A HAPPY HEART 3
Be Active for your heart and your health

Being active makes you feel and look good. It can add life to your years as well as years to your life. Regular physical activity brings so many health benefits. It can reduce your risk of heart disease, stroke, some cancers, diabetes and high blood pressure. Not only that, it can help control your weight, help you sleep better, reduce any stress and anxiety you may have, as well as strengthen your muscles and bones. No more excuses - get active today and feel some of the health benefits immediately.

There is international agreement on the recommendation for physical activity and the health of the public.

Adults, up to age 65, need to accumulate moderate intensity aerobic activity for a minimum of 30 minutes on five days a week.

How 30 minutes most days benefits your health

30 minutes of moderate intensity physical activity most days ...

• uses about 200 calories a day... and helps you manage your weight
• strengthens your bones and muscles...... and helps prevent osteoporosis and falls
• strengthens your heart and circulation... and protects you from heart disease and stroke
• improves body functions.... and helps to prevent some types of cancers and diabetes
• triggers ‘happy’ hormones... and makes you feel good and relaxed
Be Active at least 30 minutes most days....

Being active for good health is a lifelong lifestyle activity. Being active 5 days a week may not always be possible, some weeks less and some weeks more, so aiming to be active most days is a good guide. 30 minutes on 5 days a week is the minimum level of physical activity required for good health, in addition to routine activities such as cooking, casual walking and activity less than 10 minutes.

Accumulate...

...means you can build up to thirty minutes of activity over two to three shorter sessions or do it all in one single session. Either way you still get the same health benefits.

If you are breaking up your 30 minutes of activity over the day, any one session needs to be for 10 minutes or longer to get health benefits, e.g.:

❤ 2 x 15 minutes - 15 minutes gardening and 15 minutes walking
❤ 3 x 10 minutes - 10 minutes walking to or from work, 10 minutes dancing around the kitchen or 10 minutes hoovering.

Moderate Intensity...

...means you will feel some effort, your heart rate and breathing will increase, and you will feel warmer all over, just like you do after a brisk walk.

Aerobic Activity...

...means you are continually moving over a period of time. Activities such as walking, cycling, dancing, jogging are all excellent aerobic activities, as well as some household tasks, such as hoovering and gardening.
Be Active.......and vary the type of activity

Any type of regular physical activity is good for you. For overall good health, include the following three types of activity.

❤ **Aerobic Activity** is any activity that uses your heart, lungs and large muscles over a continuous period of time. Walking, cycling, tennis, digging and mowing the lawn are all aerobic activities. Aim to do at least 30 minutes of aerobic activity at a moderate intensity five days of the week.

Aerobic activity is the best form of activity to keep your heart healthy.

❤ **Strengthening Activities** will keep your bones and muscles strong and will help you maintain a good posture. Brisk walking, climbing the stairs, hoovering and weight training are all examples of strengthening activities and should form part of your activity at least twice a week.

❤ **Stretching Activities** will keep you flexible, relax your muscles and prevent you from becoming stiff. During the day take time to stretch if you are standing or sitting for long periods. If you are doing more vigorous activity, warm-up and cool-down should be included in your activity.

To warm up start your activity slowly and gradually build up the pace. Toward the end of your activity, allow time to cool down by gradually slowing your pace before stopping. Ideally spend a few minutes gently stretching after your activity. Dancing, gardening, pilates and Tai Chi are all good stretching exercises.
10 reasons to be active anyway anywhere

1 **Energy.** Activity peps you up, helping you to become more alert.

2 **Metabolism.** You burn more energy at rest as a result of being active, so it’s great for maintaining or losing weight.

3 **Mood.** Activity stimulates endorphins, the ‘happy hormones’, which make you feel good. Everything seems easier and more enjoyable.

4 **Concentration.** Even a short activity break helps to re-focus the mind and improves the quality and quantity of work you do.

5 **Stress.** Staying active, while you cope with life’s ups and downs, relaxes the mind and body and helps to reduce the build-up of tension.

6 **Strength.** Regular activity helps you maintain your strength as you get older. Keeping your bones and muscles strong – including your heart – protects you from disease, accidents and loss of independence.

7 **Health.** Activity can improve the quality of your life in the future. People who are physically active reduce their risk of developing major diseases such as heart disease, stroke, obesity, diabetes, high blood pressure, some cancer, stress, anxiety, osteoarthritis, osteoporosis and low-back pain.

8 **Immunity.** Activity boosts the immune system, helping to prevent those irritating illnesses that get you down. A strong immune system allows you to enjoy work and play throughout the year.

9 **Self-esteem.** Many physical activities help you to develop skills, build confidence and feel more in control of your life.

10 **Social life.** Activities in teams, clubs or leisure centres are great for meeting people outside work and home and for expanding your network of friends.

**DID YOU KNOW? Half of the Irish population are not active enough to benefit their health?**
Be Active @ work

Whatever your job involves, and whether you sit down all day or stand up, activity and good posture are important for your health and can help reduce your risk of back and neck problems. To stay healthy and productive we need to programme activity back into our working lives.

Moving around, stretching and changing position on a regular basis can help to keep your body mobile and strong. Active choices can use up a lot of calories – which is great for keeping your weight under control.

<table>
<thead>
<tr>
<th>INACTIVE</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-minute phone call, sitting</td>
<td>5</td>
</tr>
<tr>
<td>Send an email to a colleague</td>
<td>5</td>
</tr>
<tr>
<td>Drive, take bus or train to and from work</td>
<td>15</td>
</tr>
<tr>
<td>Eat a packed lunch</td>
<td>10</td>
</tr>
<tr>
<td>Sit in canteen for 30 minutes at lunchtime</td>
<td>30</td>
</tr>
<tr>
<td>Taking lift for three flights of stairs</td>
<td>5</td>
</tr>
<tr>
<td>Park car next to entrance</td>
<td>5</td>
</tr>
<tr>
<td>Spend 30 minutes sitting at an office meeting</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVE</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-minute phone call, standing</td>
<td>25</td>
</tr>
<tr>
<td>Walk to a colleague one floor away</td>
<td>30</td>
</tr>
<tr>
<td>Walk for 10 mins of the journey each way</td>
<td>120</td>
</tr>
<tr>
<td>Take a 10-minute walk to the sandwich shop</td>
<td>60</td>
</tr>
<tr>
<td>Eat lunch (15 minutes) and take a 15-minute walk (excludes calorie intake with lunch)</td>
<td>135</td>
</tr>
<tr>
<td>Walk up three flights of stairs</td>
<td>15</td>
</tr>
<tr>
<td>Park car at far end of car park (5-minute walk)</td>
<td>30</td>
</tr>
<tr>
<td>Have a 30-minute walking meeting</td>
<td>180</td>
</tr>
</tbody>
</table>

**TOTAL** 105  **TOTAL** 595
NOT MUCH IN IT? When you add up the difference over a working year, these small active habits use an average extra 178,850 calories a year. That could mean either weight loss or weight gain of 1-2kg (2-4 pounds) a month.

Drink water before, during and after your activity to prevent dehydration.

DID YOU KNOW? Regular physical activity reduces your risk of dying after a heart attack by 20%
Be Active @ home

We are all less active at home than we used to be. Machines have taken most of the work out of housework and even provide much of our leisure entertainment. How much time do you spend sitting down at home? Watching the TV, browsing the web, reading and chatting with friends are great ways to relax after a hard day, but it is important to balance inactive periods with more activity.

Being active around the home and garden is a great way to unwind after a hard day. It is a great opportunity to socialise with family and friends, will give you more energy, help you sleep better and improve your health.

<table>
<thead>
<tr>
<th>Being active indoors for 30 minutes</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dancing</td>
<td>180</td>
</tr>
<tr>
<td>Hoovering</td>
<td>120</td>
</tr>
<tr>
<td>Stationary cycling</td>
<td>200</td>
</tr>
<tr>
<td>Exercise routine on TV</td>
<td>180</td>
</tr>
<tr>
<td>Walk and talk on the phone</td>
<td>180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Being active outdoors for 30 minutes</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playing with children</td>
<td>110</td>
</tr>
<tr>
<td>Washing the car</td>
<td>120</td>
</tr>
<tr>
<td>Ball games (leisurely)</td>
<td>200</td>
</tr>
<tr>
<td>Gardening</td>
<td>140</td>
</tr>
<tr>
<td>Racquet games (leisurely)</td>
<td>240</td>
</tr>
</tbody>
</table>

Active shopping:  Walk; don’t drive. Walking around the shops for 30 minutes at a moderate intensity can burn up to 100 calories.

Social walks:     Go out and walk and talk – with friends and family.

Active TV:        Get up and move around during ad breaks. Stretch while sitting during your favourite programme. Follow an exercise routine on TV or DVD.

Even cutting back on inactivity is good for your health. Make your leisure as active as possible by having frequent breaks from sitting.
Be Active @ leisure

Active leisure interests are sociable, fun and good for your health. They don’t all require money or special facilities and can be very close to home. Walking, cycling and swimming are the most accessible and beneficial activities you can do. You need very little equipment and they can be done on your own or with your friends.

❤️ If you are starting to become active, start off at a light intensity, that is do not over-exert yourself or be active for too long, which could cause muscle strain.

❤️ Gradually build up the time you spend doing light intensity activity.

❤️ To begin to get real health benefits, build up to a moderate intensity aerobic activity. Feel your heart beat and breathing increase. Now aim to do this for at least 30 minutes five days a week.

❤️ Build up to 30 minutes or more over to three shorter sessions. Any one session needs to be for 10 minutes or longer.

❤️ Now that you are including regular physical activity in your weekly schedule and have achieved 30 minutes of moderate intensity aerobic activity most days, you may wish to improve your fitness even more.
To get even more health benefits and feel fitter, follow the FITT formula.

<table>
<thead>
<tr>
<th><strong>F</strong></th>
<th>Frequency</th>
<th>Include at least three sessions of continuous activity for 20 minutes three times a week.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I</strong></td>
<td>Intensity</td>
<td>Increase your pace to a vigorous intensity. Vigorous intensity will cause your heart rate and breathing to increase much more than that of moderate intensity. Jogging, cycling uphill and swimming continuous laps are all vigorous intensity activities. You do not have to be active so much that you start to feel dizzy or faint, or that you are in pain. This could be a danger to your health.</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>Time</td>
<td>Gradually extend the length of your continuous activity from 20 to 40 minutes.</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>Type</td>
<td>Any activity is good for you. For best results include aerobic as well as stretching and strengthening activities.</td>
</tr>
</tbody>
</table>

**DID YOU KNOW?** Over 20% of coronary heart disease and 10% of stroke is due to physical inactivity.
### What intensity is the activity?

<table>
<thead>
<tr>
<th>Light Intensity</th>
<th>Moderate Intensity</th>
<th>Vigorous Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>(If starting to get active, start off with a light intensity and build up to moderate intensity)</td>
<td>(at least 30 minutes five days of the week)</td>
<td>(20 minutes three times a week)</td>
</tr>
<tr>
<td>Walking slowly</td>
<td>Walking briskly</td>
<td>Walking fast; walking uphill</td>
</tr>
<tr>
<td>Swimming leisurely</td>
<td>Swimming recreational</td>
<td>Swimming laps</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Yoga</td>
<td>Aqua aerobics</td>
</tr>
<tr>
<td>Moving furniture; carrying shopping bags</td>
<td>Lifting weights; carrying toddlers</td>
<td>Circuit training with weights</td>
</tr>
<tr>
<td>Gardening leisurely</td>
<td>Energetic gardening</td>
<td>Gardening – vigorous effort</td>
</tr>
<tr>
<td>Cycling slowly</td>
<td>Cycling moderate intensity</td>
<td>Cycling fast and uphill; Spinning classes in gym</td>
</tr>
<tr>
<td>Climbing the stairs</td>
<td>Climbing the stairs at a fast pace</td>
<td>Running up the stairs or using the step climber</td>
</tr>
</tbody>
</table>

All adults need moderate intensity aerobic activity for a minimum of 30 minutes on 5 days a week or vigorous intensity aerobic activity for a minimum of 20 minutes on three days a week, or a combination of both e.g. 2 days x 30 minutes brisk walking and 2 days x 20 minutes jogging.

(American Heart Association, 2007)
Active out and about

Look out for the Irish Heart Foundation Slí na Sláinte walking routes with the Slí na Sláinte signs placed at 1km intervals along routes. There are Slí na Sláinte routes in every county and many workplaces. Check out our website www.irishheart.ie to see if there is a Slí na Sláinte route in your community.

Active for charity

Fundraising events are fun and sociable and can also be great for your health. You could be active for the Irish Heart Foundation and organise a charity swim, run, dance or spinathon and raise money for education, training and research into heart disease.

Another fun idea is taking part in one of our overseas walks, all of which take place in very exotic places. For more information contact the Fundraising Department of the Irish Heart Foundation on 01-6685001.
So what’s your excuse?

**I’m too tired**  Physical activity gives you more energy. You don’t need to go mad at the gym. Just follow the ideas listed in previous pages.

**I’m not the sporty type**  You don’t need to be sporty to be active. Many everyday routines and tasks, such as walking to the shops, gardening, hoovering or washing the car for 10 minutes or longer can help you build up to your thirty minutes.

**I’m too busy**  All it takes is 30 minutes........ The sort of activity you need to do for your health can be included in your working day.

**I’m too ill**  If you have a medical problem that stops you being active, talk to your doctor about which activity would suit you best.

**I’m too unfit or overweight**  You have everything to gain and only weight to lose. Combining healthy eating with activity is far more effective for weight loss than diet alone. However unfit you feel, it’s never too late to start being more active. Take it easy, build up gradually and enjoy a new you – fitter and stronger and with plenty of energy.

**I hate exercise**  Don’t confuse activity with formal exercise. You can be active without ever slipping into lycra or joining a gym. Walking is one of the best ways to get your dose of healthy activity: at least 30 minutes of brisk walking spread throughout the day in bouts of 10 minutes or more will strengthen your heart and muscles. It’s easy, and you can do it anywhere, at any time, and either alone or with friends.

**I’m too old**  It’s never too late to get active. Most people become less active as they age but staying active is important throughout life. Regular activity helps maintain strong muscles and bones and allows a person to stay independent in later life.
Be Active and manage your back pain

Being active can help keep your back muscles strong. Back pain can be prevented and treated by regular activity. Activity such as walking can prevent back problems occurring, reduce pain and speed up recovery. If back pain is left untreated it can lead to long-term problems with mobility. Staying active and seeing a qualified specialist are the best ways to ensure that back pain does not keep you from doing your daily activities or from working. Become aware of your back when standing, sitting, lifting or moving.

Prevention is better than cure:

❤ Be regularly active.
❤ Keep to a healthy weight.
❤ Assess your working area – always maintain your spine’s natural curve when sitting, standing or moving. Learn manual handling techniques if you need them.

DID YOU KNOW? Four out of every five people develop back pain that lasts more than a day at some time during their life.

Recover more quickly:

❤ Don’t suffer in silence.
❤ Tell your employer if you have back pain.
❤ See a doctor as soon as possible. A physiotherapist will be able to give you specific exercises.
❤ Keep active – complement specific exercises with activities such as walking, stationary cycling or swimming. (Crawl and back stroke are better for your back than breast stroke).
Do the active 5

1. Move and gently stretch your neck and back frequently — when sitting, standing or driving.

2. Walk to talk — don’t send e-mails or make calls when you could easily talk or leave a note with someone.

3. Before, after or on your way to work, fit a 10-minute walk or cycle into your routine.

4. Do an activity you enjoy at lunchtime.

5. Sit and stand tall. Check your posture regularly.

If you are concerned about back pain, talk to your doctor who may refer you to a therapist, such as a Chartered Physiotherapist for some treatment and exercises.

Medical conditions

If you have, or are at risk of, a medical condition, you may be worried about what you should and shouldn’t do.

Many conditions are helped by staying active. Gentle exercise reduces the severity of some symptoms and aids recovery from episodes of pain. Regular moderate intensity activity is used as treatment in heart disease, stroke, diabetes and mental health.

You should consult with your doctor if you plan to take up any new activity.
Stress can affect anyone at any time. In general stress happens when we feel unable to cope with the demands of life placed on us, such as work or family. Stress can disrupt our sleep, work, relationships and health. To combat stress, we often resort to unhealthy ‘quick fixes’ like alcohol or cigarettes, or sweet, fatty foods. We feel that we don’t have the time to relax with friends, take a walk or step back and see the problems from another point of view. In other words, stress can be bad for our health.

We can’t always change the situation that is causing our stress but we can take steps to try to manage it effectively. Being regularly active will help to reduce the ill effects of stress. Any activity that you enjoy and that fits easily into your routine will help reduce tension and improve concentration and well-being. If you are pressurised at work by time or deadlines, short and frequent breaks of activity throughout your day will really help. Always take your lunch break.

Managing stress
To avoid the ill effects of stress:
❤ Take time out to relax completely: listen to music, read, watch an amusing TV programme, have a night out with friends or take a warm bath.
❤ Use relaxation techniques, both mental and physical.
❤ Eat a balanced diet following the Food Pyramid.
❤ Cut down on alcohol and smoking.
❤ Replace drinks containing caffeine such as tea, coffee or cola with water.
❤ Get enough sleep and rest to recharge your batteries.
❤ Agree with somebody. Life doesn’t have to be a constant battleground.
❤ Plan ahead and learn to say ‘no’.
❤ Learn to accept what you cannot change.
Take an Active 5

1. Take short breaks of activity throughout the day. Take a walk at lunch every day for a productive afternoon.

2. At work move away from your work area during break times – stand tall, stretch or walk.

3. Take time to move and stretch when sitting, standing, driving or working.

4. Try a new skill, hobby or activity.

5. Learn to breathe slowly and deeply and count slowly to ten if you feel you are becoming stressed.

For more information contact the Irish Heart Foundation on 01-6685001 for a copy of *Manage your stress for a Happy Heart* or download from www.irishheart.ie

**DID YOU KNOW?** Being regularly active helps to reduce the effects of stress
Be Active and manage your weight

Physical activity not only helps you lose weight but it can help keep your weight at an ideal range for your build and height. Being active helps burn calories, tone your muscles, increase your metabolism and control your appetite. The energy you take in comes from food and drink, including alcohol. To lose weight you need to use up more energy (calories) than your body takes in from food and drink. The best way to lose weight is through a combination of:

❤ Eating and drinking fewer calories
❤ Using up more calories by being more active

Reducing calories is rarely successful on its own and any increase in activity is good for your health. To lose weight you need to do at least 60 minutes of moderate intensity activity (activity which makes your heart beat faster and you feel warm all over) every day and follow a healthy eating plan. If you are very overweight, you should consult your doctor before you start.

DID YOU KNOW? If present trends continue, by 2010, 1 in 4 people won’t fit in a standard office chair.

Healthy Eating for weight management

Watching what you eat doesn’t mean counting calories. The quality of foods you eat (balanced diet) and the amount (portion size) of foods you eat is more important for overall good health. Losing weight slowly is the safest and most effective way to lose weight – losing 1-2 lbs a week is a realistic goal. If you lose weight too quickly you are more likely to lose water and muscle mass than fat.
For more information contact the Irish Heart Foundation at 01 6685001 for leaflets: *Are you ready to lose weight?* and *Good eating for a happy heart*, or download from www.irishheart.ie

**Take an active 5**

1. Always use the stairs instead of the lift or escalator.

2. Walk when you need thinking time, or at work walk with a colleague to brainstorm ideas.

3. Take an active lunch – take a walk or do an activity you enjoy.

4. Split up your daily 60 minutes of activity into manageable chunks.

5. Walk or cycle all or part of the way to work. Get off the bus a stop earlier, or park at the furthest end of the car park.

**DID YOU KNOW?**

Regular physical activity can reduce weight by as much as 14 pounds in 3 months

HOW TO BE ACTIVE FOR A HAPPY HEART 21
The **Be Active Challenge** will help you to see how active you are now and to build activity into your daily lifestyle. Your aim is to earn 15 *Heart points* a week, by doing at least 30 minutes of activity five days a week. To earn 1 *Heart point* you have to:

- do the activity at a moderate intensity (your heart beats a little faster and you feel warmer than normal) and
- you need to be active for at least 10 minutes continuously to earn the *Heart point*.

See the next page for examples of activities.

- Record how many minutes of activity you do each day. (You can use the diary on page 25)
- Only record the times when you’re active for at least 10 minutes continuously, aiming for at least 30 minutes five days of week.
- At the end of each day, work out how many *Heart points* you’ve earned. For each 10 minutes you get 1 *Heart point*.
- Add up your total *Heart points* for the week. You should be aiming for 15 *Heart points* or more a week.
- Challenge yourself by adding more *Heart points* each week.
- Combine stretching, strengthening and flexibility exercises each week.
Check out what your heart points mean

Heart points

<table>
<thead>
<tr>
<th>Heart points</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>❤️ 0-5</td>
<td>You’re not active enough! Set yourself a target of getting at least 3 more Heart points next week.</td>
</tr>
<tr>
<td>❤️ 6-10</td>
<td>You’re taking steps in the right direction! Set yourself a higher Heart points target for next week.</td>
</tr>
<tr>
<td>❤️ 11-14</td>
<td>You’re making positive moves! Almost hitting the target of 15 Heart points a week.</td>
</tr>
<tr>
<td>❤️ 15-20</td>
<td>Good! You’re reaching the 15 Heart points a week target.</td>
</tr>
<tr>
<td>❤️ 20+</td>
<td>You’re a high achiever, with energy and vitality.</td>
</tr>
</tbody>
</table>

To stay motivated:

- ❤️ Choose to be active every day – make it part of your daily life.
- ❤️ Find an activity that you enjoy.
- ❤️ Choose activities that suits your age and fitness level.
- ❤️ Set a goal each day and build on your goal.
- ❤️ Try different activities.
- ❤️ Avoid sitting for long periods of time.
- ❤️ Climb stairs more often at work and when out and about.
- ❤️ Get active with a friend.
- ❤️ Bring your walking shoes to work.
Sample weekly activity

Every minute of activity counts. Keep a record and add up the total for the week. All activities should be done at a moderate intensity.

You earn 1 *Heart point* for 10 minutes continuous activity.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Minutes</th>
<th>Heart points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Cycled to work and back Hoovered</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
<td>1.5</td>
</tr>
<tr>
<td>Tue</td>
<td>Walk after work</td>
<td>15</td>
<td>1.5</td>
</tr>
<tr>
<td></td>
<td>Stretching in front of TV during ad breaks</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Wed</td>
<td>Cycled to work and back</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Thur</td>
<td>Rest day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Cycled to work and back</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Sat</td>
<td>Cleaned windows</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Swim with family</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Sun</td>
<td>Rest day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Weekly total = 150**  
**Weekly heart points total = 15**
Week 1

Set yourself a goal for this week. Each day try to add on more minutes of activity.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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Weekly total = Weekly heart points total =
Week 2

Aim to do at least 30 minutes of activity most days of the week. Break up your 30 minutes into shorter sessions of 10 minutes or longer.

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| Weekly total = | Weekly heart points total = |
Week 3

Aim to do some stretching and strengthening activities this week. Walk to talk, instead of using the phone or email.

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**Weekly total**  
**Weekly heart points total**
### Week 4

Get active with a friend.
Get off the bus a few stops earlier.

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**Weekly total =**  
**Weekly heart points total =**
See your progress!

Chart your progress

- Look back at pages 25-28 to find your weekly Minutes totals and Heart points totals. Write them in the boxes above.
- Chart your progress on the graph below.
- See how you have increased your activity levels.
- Don’t stop now. Keep setting new goals, have fun and stay healthy!

Chart your progress

Record your weekly Minutes totals and Heart points totals on the chart below to see your progress.
Useful contacts

Irish Heart Foundation
4 Clyde Road
Ballsbridge
Dublin 4
01-6685001
www.irishheart.ie

The Irish Heart Foundation provides information on physical activity, walking, walking clubs, training and Sli na Slainte walking routes, as well as other educational materials on all aspects of heart health.

Health Service Executive
Provides information on physical activity, facilities and local events in your area

Health Promotion Service,
HSE Southern Area,
Eye, Ear & Throat Hospital,
Western Rd., Cork.
Tel: 021 4921641

Health Promotion Service,
HSE North East,
St Bridget’s Complex,
Ardee, Co. Louth.
Tel: 041 6850676

Health Promotion Service,
HSE Dublin Mid-Lenister,
52 Broomhill Rd,
Tallaght, Dublin 24.
Tel: 01 4638200

Health Promotion Service
HSE West
Saimer Court,
Main Street,
Ballyshannon, Co. Donegal.
Tel: 071 9852000
Irish Sports Council
Top Floor
Block A Westend Office Park
 Blanchardstown
 Dublin 15
 Ireland
 01-8608800
 www.irishsportscouncil.ie
 www.womeninsport.ie

Provides information on national ‘Waymarked Ways of Ireland’ and all sports organisations.

Vocational Education Association - VEC
Provides courses at local level on dancing, aerobics and other physical activity programmes. To find your local VEC school/centre/office, see www.ivea.ie for details.

Local City and County Councils
Addresses and contacts in telephone directory.

Provide information on public facilities in your area and on local activity events.

Irish Society of Chartered Physiotherapists
Royal College of Surgeons,
St. Stephen’s Green,
 Dublin 2,
 01 402 2148
 www.iscp.ie

Provides information on back care and a list of chartered physiotherapists.