

Physical Activity for a Healthy Lifestyle

Weight loss requires a multi-disciplinary approach between health professionals. One important thing that can help you achieve your goals is incorporating Physical Activity into your lifestyle.

Physical Activity is not a 45-minute session on a treadmill. It is walking to the shops, taking the stairs instead of the escalator, getting off the bus one stop earlier.

The secret is start small. Any physical activity is better than none! Slowly increase the amount of physical activity you do each week. This could be walking 1 extra aisle at the supermarket each week.

It is also important to schedule some exercise into your week. Exercise is a structured session and you should set aside some time to do this. But again, something is better than nothing and start off small. An example of what you can start off with is on the back of this flyer.

To help you continue doing exercise, it is important to include something that you enjoy. This could be exercising with other people, listening to a podcast, watching the television, or going to the beach or the park for your session.

This is a lifestyle change, there is no completion date on your exercise journey and what you do, needs to be sustainable in your everyday life.

If you need help with your weight loss journey, START Training can assist in by providing a safe and respectful clinic with qualified professionals. We offer individual and group classes, catering for people of all experience and levels, ensuring that everyone of all abilities is welcome.

If you have any questions, please free to contact us.



At Home Exercises



Squat to chair – 2 x 12



Lunge – 2 x 6/side



Marching on the spot –
1min x 2



Push-up from wall –
2 x 12

And Remember



Physical activity is important
for heart health.



Exercise can help us increase
our muscle mass.



Physical activity can
improve our mood and
energy levels.



Exercise can help us
maintain our bone health.



Physical activity can help our
brain work best.

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Check with your health professional if you are unsure if this is suitable for you.