

10 tips to be more active

Without barriers



1. Getting physical activity or sport is fun, it makes you feel good, it's possible for everyone, and it's necessary.



2. Every 10 minutes counts. Choose different activities that you can do and like to do. Try to do them almost every day.



3. Challenge yourself or with others. Where to start and what to choose depends on you!

4. If you are an adult, 30 minutes a day in total are enough (60 minutes a day for kids).



5. If you can, try combining strengthening exercises with cardiovascular exercise (where you breathe rapidly and you are still able to speak).



6. To have an active life style, take advantage of all opportunities throughout the day to move: go for a walk, go shopping, do the household chores...

7. There're inexpensive adapted sports, which you'll find in your surrounding: bowling, table tennis, basketball, badminton, swimming, etc.



8. If you prefer or want to exercise at home, ask health and fitness professionals or associations representing you.

9. Share your active leisure time with friends and relatives.



10. Ask health and physical activity professionals for advice. Get started, you'll feel better.

