



Exercise Tips & Hints

- Agree to 10 minutes as a minimum of activity. **Even when you don't feel like it, if you at least do 10 minutes, you're keeping the habit going.** Often getting started is the hardest part.
- You don't have to join a gym – activities such as swimming, walking the dog, jogging whilst listening to music, riding a bike, gardening, bushwalking, yoga and weightlifting can all be beneficial to your mental health. **Choose an activity you enjoy!**
- **It's better to do something than nothing.** Every little bit can help.
- **Variety is important** to keep the body and mind improving, and to keep it interesting.
- **Make a clear plan** – take daily decision making out of the picture – the 'do I or don't I' – a clear plan makes going ahead with your plans that much easier.



Aim to do something active each day - start with 10 mins and build from there



Build up to at least 30 mins of activity every day (or most days)



Do a mix of physical activities each week that includes some strength, balance and fitness challenges



Army Challenge



Work with your buddy to complete a circuit of exercises



Time how long it takes to complete 10 x each of the exercises, and try to beat your time

Increase the number of times you repeat an exercise to 15 and then 20!

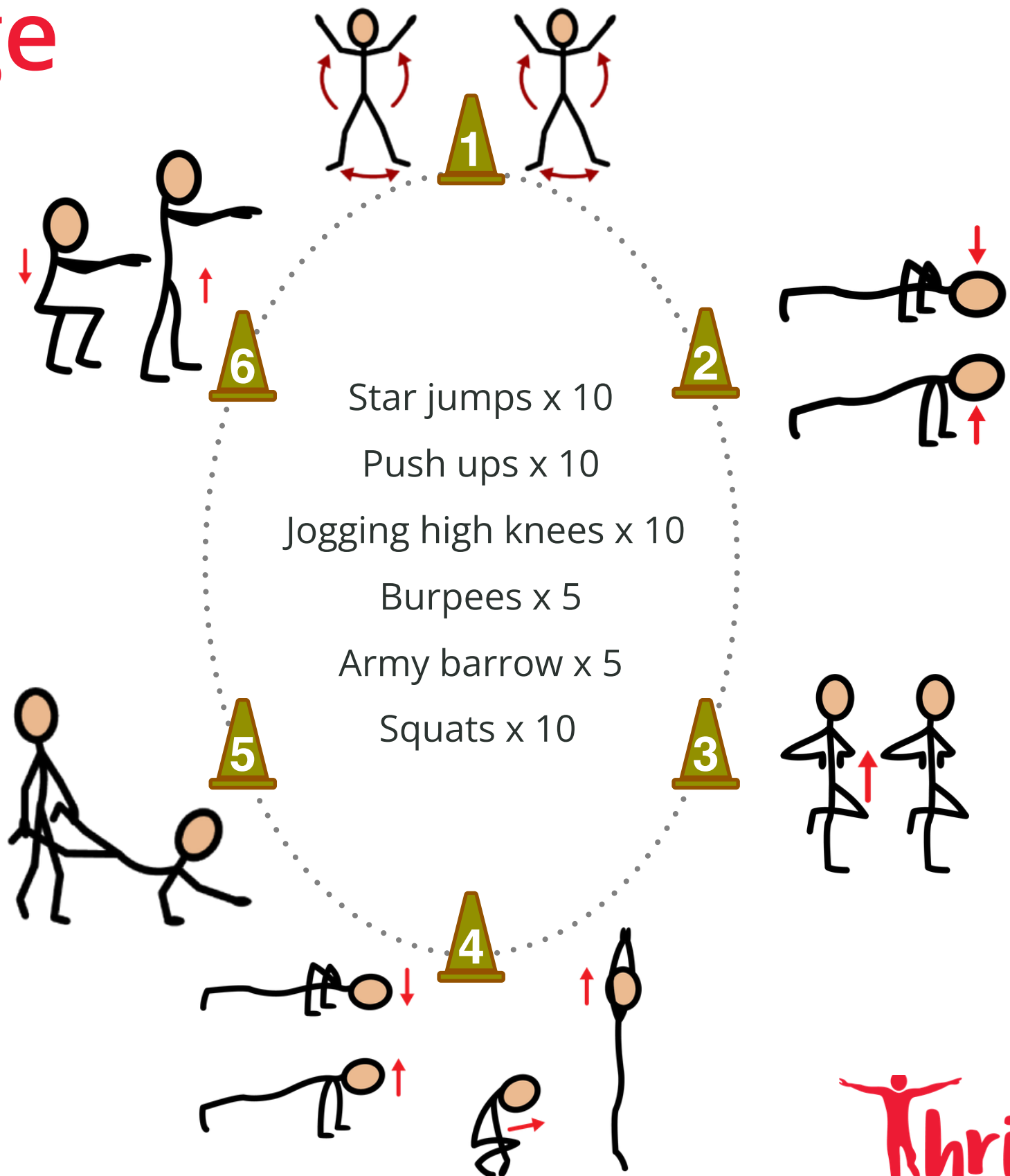


Add some new exercises or activities to the circuit i.e.

- Backyard jogs or stair climbs
- Sit ups
- Lunges



A partner



Partner Up



Work with your buddy to complete a circuit of exercises



Time how long it takes to complete 10 x each of the exercises, and try to beat your time

Increase the number of times you repeat an exercise to 15 and then 20!



Think of some new exercises i.e. squats to jumps, or rather than counting add a backyard run or stair climb.

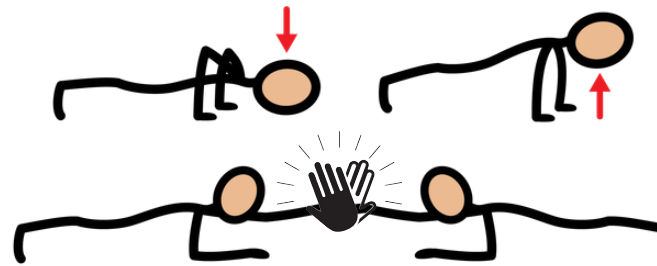
Try a stronger resistance band:

- Level 1- Yellow
- Level 2 - Green
- Level 3 - Red
- Level 4 - Blue

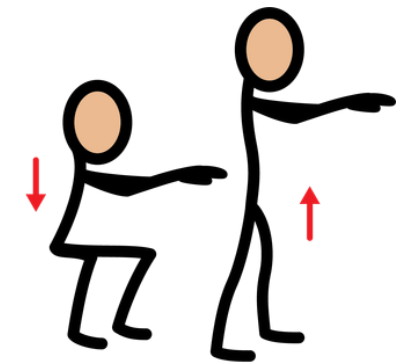


A partner, optional theraband

1. Push Up Claps



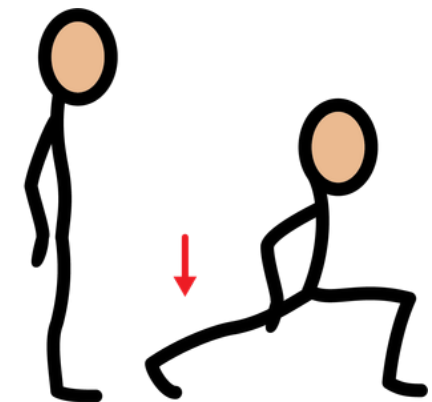
2. Squats



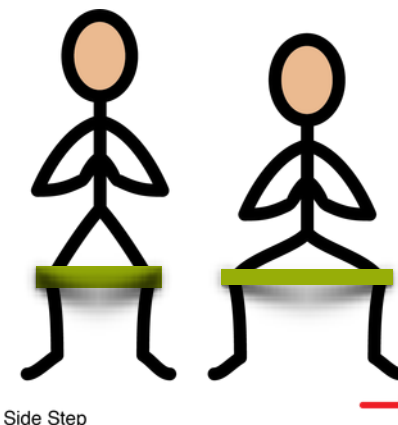
3. Sit up High Fives



4. Walking Lunges



5. Side step



Tag Team



Complete an activity and then 'tag' your partner to switch.

Partner A

10 x Burpees

Wall sit

10 x Push ups

10 x Band rows

10 x Band curl & press

Partner B

Count for partner

10 x Star Jumps

Plank hold

Hold band

Squats



Complete the circuit more than once!
Either repeat individuals pairings, or go all the way through once and then repeat the lot.

Increase the number of exercises to 15 and then 20!

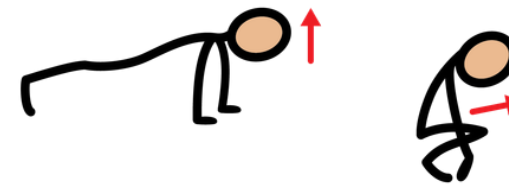


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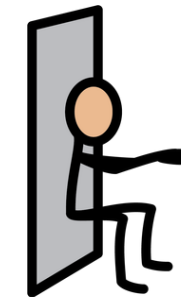


A partner, optional theraband

Burpees



Wall Sit - Star Jumps

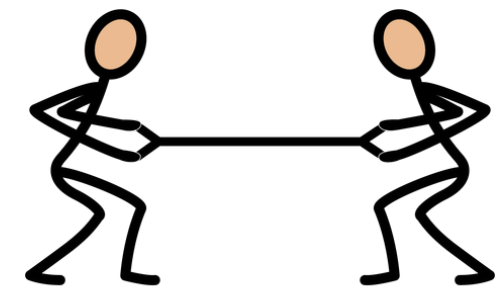


Push Ups-

Plank Hold



Band Rows



Curl & Press-

Squats

