

STAY ACTIVE

EXERCISES YOU CAN DO OUTDOORS

It is important we keep exercising both the body and mind. This can often be done at the same time without us realising. There are lots of ways you can do this and hopefully the exercises below will help you to maintain a healthier lifestyle. These exercises have been chosen as they can be easily adapted to suit your individual needs and fitness levels. The timings of exercises and rest periods can be modified, along with the number of sets and repetitions. Do not overexert and please stop if you experience pain at any point. Have fun and be creative with your own workouts.



Walking

- 1) Set yourself a target. For example, aim for 6,000 steps in an hour or walk 3 miles.
- 2) Choose a route local to you which should take around 20 minutes to walk. Complete it once and time it. Repeat it two more times and each time try to complete the route a bit quicker.



Running

- 1) Aim for 30 minutes with a raised heart rate.
- 2) Complete a 20 minute run over a set route, followed by a 10 minute walk. Repeat the same route and try to complete your run in less than 20 minutes.
- 3) Complete a 20 minute interval run where you increase your speed for 30-40 seconds followed by a rest of up to 60 seconds. Perform a good dynamic warm-up first.



Cycling

- 1) See what distance you can cover in 60 minutes. Try and cover more distance next time.
- 2) Complete a 60 minute steady cycle. If possible, do this over varying inclines. Vary the tempo every 5 or 10 minutes.
- 3) Choose a route local to you which should take around 20 minutes to cycle. Complete it once and time it. Repeat it two more times and each time try to complete the route a bit quicker.