

Physical activity tips (7) - get support

Changing your lifestyle to become healthier and more active takes commitment and motivation. Support from other people can help you to get started and keep going.

Get them on your side

Ask the people around you to help. Family and friends are important, especially the people you live with. Tell them what you are trying to achieve and why. Talk to them about your 'trouble' areas and how they can encourage you. Invite them along – most people can do with more activity in their lives.

If there are people who give you a hard time, talk to them. Explain the benefits you aim to achieve and ask them to help you – by providing encouragement, not cynicism.

Do it with others

It's often easier to stick to physical activity if you do it with someone else. See if one of these suggestions will help you stay active:

- Ask someone to do it with you. This can keep you motivated. It makes the activity more enjoyable and makes you commit to a session that you otherwise may find too easy to get out of.
- Join a local club. This can be an effective way to schedule regular activity and gain a support team. You'll meet people with the same goals and interests who can provide encouragement and support.
- Find an appropriately qualified health professional (exercise physiologist, physiotherapist) or personal trainer. You'll get one-on-one contact with an expert who can monitor your progress and provide advice and support.

Get the push you need

Some days we need that extra shove just to get out the door. Ask a family member to remind you – tactfully – that it's time to move. Put it in your diary, set a phone reminder, email yourself or put your exercise gear at the door – if nothing else, climbing over it will make you active.

Where to get help

- Talk to your doctor
- Your local community health centre
- Check out the tips on the www.beactive.com.au
- 'Go for your life' Infoline service Tel. 1300 73 98 99

Things to remember

- Support people can help you stay motivated and committed to your activity plan.
- Exercising with someone is more fun and makes you commit.
- Joining a club or having a personal trainer can give you an extra push.

This page has been produced in consultation with, and approved by:

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