

SELF HELP RESOURCES

Health walks - Walk da Rock Shetland

Walking groups are found around Shetland.

The walks are:

- volunteer-led, free, sociable, open to everyone, of all ages and abilities
- Join the "walk da rock" facebook group to stay updated with details and news
- Find out more here:
<https://www.pathsforall.org.uk/walk-project/walk-da-rock-shetland>.

Shetland Recreational Trust

- Check out what your leisure centre has to offer, from swimming and yoga, to beginner exercise classes.
- Find out about the [More4Life Membership](#) and [Access to Leisure Scheme](#) on their website at www.srt.org.uk

Keeping Active | NHS Inform

Tips, resources and advice to help you find the right type of activity for you and get you moving more.

Couch to 5K | NHS.UK

Download **The One You Couch to 5K** App to help you gradually get active through running.

5 in 5 Exercise Guide


You can find this mini-workout guide for those living with long-term health conditions to move more on our website.


IT'S NEVER TOO LATE TO
START ENJOYING THE
BENEFITS OF BEING ACTIVE.

EVERY MINUTE COUNTS.

START TODAY.

GET IN TOUCH WITH US!

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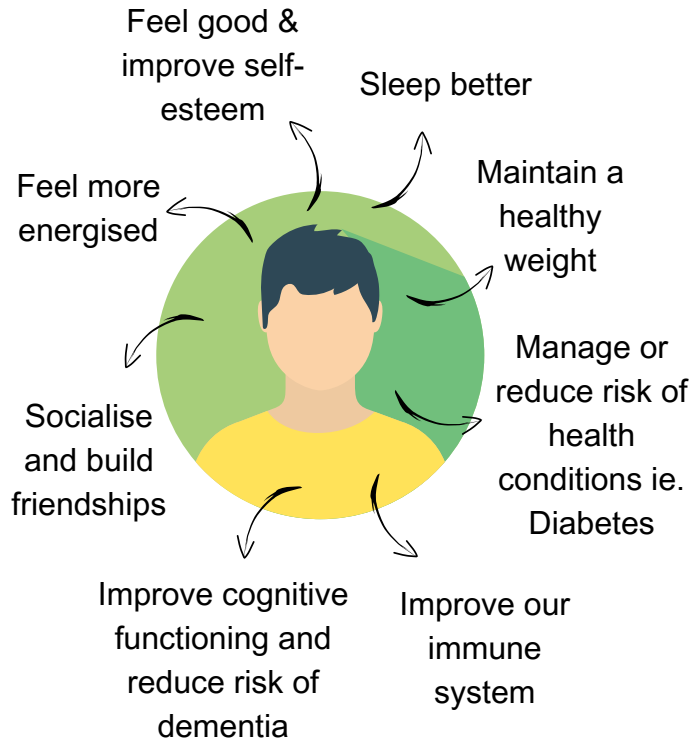
NHS SHETLAND

WHY SHOULD I GET ACTIVE?

Our bodies are designed to move daily to function well. In today's modern world, with technology advancing, we are spending less time on our feet and more time sitting down: in our homes, at work and in our cars or public transport.

This change in living means we need to actively find ways to re-introduce activity into our lives to reap the wide range of benefits of being active.

Being more active can help us:

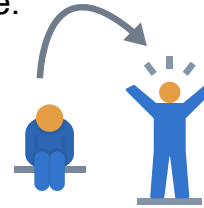


HOW MUCH SHOULD I DO?

Any amount of physical activity is good for you. For the greatest benefits, we should aim for at least **30 minutes of aerobic activity 5 days of the week**. This can be done in shorter bouts throughout the day or all 30 minutes at one time. This can be activities such as walking, cycling, swimming etc.

We should also do **muscle-strengthening activities** on at least **two days** of the week, i.e. heavy gardening, carrying heavy shopping, yoga or resistance exercise.

SIT LESS, MOVE MORE



We should try and break up the amount of time we spend sitting by standing up and moving around regularly throughout the day.

Even small amounts of light activity can do wonders for our body and mind.

Any activity is better than none, and more is better still.

HOW DO I GET STARTED?

You are more likely to stick with an activity that you enjoy and that can fit into your everyday life.

Walking is an easy way to get started. This should be at a brisk pace, enough to make you feel warmer and breathe more deeply but without any discomfort.

Think about ways you can build physical activity into your daily routine:

- stretching during TV breaks or when the kettle boils to improve your flexibility and balance
- gardening, including light digging, carrying or squatting
- walk for short journeys rather than taking the car or bus.

We recognise that getting started can feel daunting, which is why we can help...

LOCAL SUPPORT

The Health Improvement Team can provide advice and offer a 12-week goal-setting programme to help you get more active.

Get in touch with us using our contact details on this leaflet or using our contact form on our website.