

## THINGS TO TRY:

### BEING ACTIVE OUTDOORS



#### Health walks - Walk da Rock Shetland

Free, friendly, volunteer-led walking groups across Shetland. Open to all ages and abilities, particularly for beginners.

- Follow the **Walk da Rock** Facebook group

#### Peerie Wanders

A variety of local walking routes to inspire you to get out and about the isles. There are walks the length and breadth of Shetland, from Sumburgh up to Unst.

- [www.healthyshetland.com/peerie-wanders/](http://www.healthyshetland.com/peerie-wanders/)

#### Cycling Support - Cycling UK

Local support available for all abilities including 1 to 1 cycling lessons; weekly group rides; and free hire of bikes and accessories.

- Contact: [shetland@cyclinguk.org](mailto:shetland@cyclinguk.org)

### BEING ACTIVE INDOORS



#### Shetland Recreational Trust

We have 8 fantastic leisure centres across Shetland with pools, gyms, exercise classes including chair-based & beginner options.

- For membership information, visit:  
[www.srt.org.uk/memberships](http://www.srt.org.uk/memberships)



Find local activities, support and services

Shetland  
Community  
Directory



SCAN ME!



<https://www.shetlandcommunitydirectory.co.uk/>

### APPS & ONLINE RESOURCES



#### Strength & Balance Exercises



10 simple exercises to improve strength and balance to support healthy ageing and reduce fall risk.

Visit: <https://walkingscotland.org.uk/resource/strength-and-balance-exercises/>

#### Couch to 5K | NHS.UK



Download '**NHS Couch to 5K**' app to build up your running gradually.

#### Exercises for managing Arthritis & Pain

Simple follow-along exercises to ease joint pain.



Visit: [www.arthritis-uk.org/](http://www.arthritis-uk.org/)

#### Love to Ride



Free cycling website & app to track progress, learn new skills and gain support from your online community.

Sign up: [www.lovetoride.net/shetland](http://www.lovetoride.net/shetland)

### GET IN TOUCH WITH US:



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[www.healthyshetland.com](http://www.healthyshetland.com)



SCAN ME

Healthy Shetland is the public-facing name of the NHS Health Improvement Team part of Public Health, NHS Shetland.  
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# GETTING ACTIVE

## YOUR PHYSICAL ACTIVITY PRESCRIPTION



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

EVERY MINUTE COUNTS.

START TODAY.

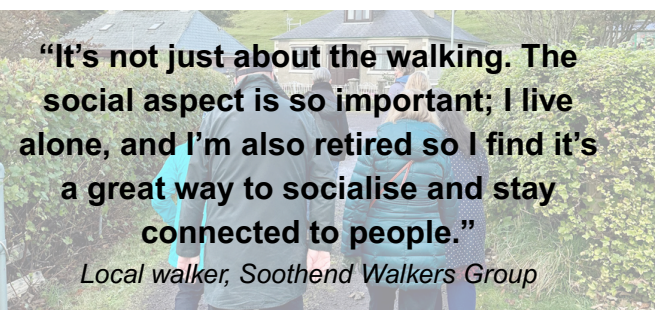


## WHY SHOULD I GET ACTIVE?

Our bodies are **made to move** - and we feel better when we do. However, modern life often keeps us sitting for long hours at home, work, and while travelling.

Physical activity is one of the **most effective** ways to support our health and wellbeing; and adding even small amounts of movement into our day can make a positive difference to our quality of life.

### Being more active can help us:



## HOW MUCH SHOULD I DO?

Any amount of physical activity is good for you. For the greatest benefits:



**Aim for at least 30 minutes of moderate-intensity activity, 5 days of the week.**

This can be done all at once or in shorter bouts. This can include activities such as walking, cycling, swimming, sports etc.



**Aim to build strength (and balance for older adults) on at least two days of the week.**

ie. heavy gardening, yoga/pilates, bowls, weights or resistance exercise.



### SIT LESS, MOVE MORE

Try and break up the amount of time you spend sitting by standing up and moving regularly throughout the day.

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

Remember, if you have any concerns about getting active with a health condition, **contact your GP practice.**



## 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**, such as:

- gardening, including light digging, carrying or squatting.
- walking for short journeys (ie. to the shop) rather than taking the car or bus, or try parking further away.
- moving during TV breaks or when the kettle boils, ie. stretching/dancing.
- heading for a ‘peerie wander’ or joining a walking group (details on next page).

My goal to get started:

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 form on our website (details on back).