

Starting physical activity?

How about trying it?

I have thought about it, but...

- ☐ I don't know how.
- ☐ Do I dare?
- ☐ I don't know if anything would suit me.
- ☐ What kind of equipment would I need?
- ☐ I don't know what exercise options are available.
- ☐ It won't work if I'm doing it alone.
- ☐ _____

What if you gave it a try anyway? Without trying, you can't know how exercise feels or what suits you.

I've tried, but it didn't work out because...

- ☐ there was always something else to do, and I didn't have enough time.
- ☐ after work, I was too tired to go.
- ☐ it ended up being so expensive.
- ☐ my muscles became so sore.
- ☐ I was completely exhausted even the next day.
- ☐ my friend quit.
- ☐ the exercise group ended.
- ☐ _____

What if you did things a bit differently? Make a plan for a try. Decide when you start and finish. Try perhaps twice a week for a month.

What?

Would you like to do more of something familiar or try something new? Adding familiar activities mainly requires schedule changes. Think about whether to add more sessions per week or extend the duration of each session. On the other hand, trying a new activity can be refreshing. Mixing different types of physical activity brings variety to your routine.

Where?

If you want to walk or cycle, plan a good starting route in advance. If you're interested in guided exercise, look for trial visits and beginner courses in newspapers. Does your workplace offer exercise options?

When?

It is better to be physically active regularly in small bouts than occasionally in large amounts. Planning a schedule may feel harder than the physical activity itself. Try to find the time that suits you best: morning, lunch break, right after work or in the evening. Walking or cycling to work or for errands adds physical activity almost without noticing.

How?

Some enjoy physical activity alone, while others prefer a group or a friend. Consider what would help you get moving.

What might surprise you during the first few sessions?

● You'll sweat.

Sweating isn't bad, even though it may feel uncomfortable at first. Start light, but make sure your whole body warms up and you get slightly short of breath. You'll feel good after a shower.

● Am I getting out of breath too much?

A little shortness of breath is part of the process, but complete exhaustion is not. Start calmly, increase intensity for a few minutes at a time, and ease up in between. Adjust the length of activity based on how you feel.

● Muscles become sore.

Muscle soreness in the following days is a sign that the muscle has worked out. A slight soreness is normal. It gets better as you are regularly active.

● It feels weird or boring.

Physical activity brings pleasure once you get used to it. Don't be surprised if you don't enjoy it at first. You'll feel completely different after ten sessions.





Are you worried about safety?

Choose a familiar type of physical activity. If you want to try something new, get guidance for that activity.

Walking is suitable for everyone. If walking causes joint pain, try swimming, water jogging, or water aerobics. Or take several shorter walks instead of one long walk.

If you have symptoms or health conditions, ask a nurse, physiotherapist, or doctor for advice. If you use medication, ask about its effects on physical activity.

THESE ARE WORTH REMEMBERING

On slippery surfaces

- shoes with a good grip
- slip-on shoe grips
- walking poles help with balance
- studded bike tyres
- maintained routes

In dark conditions

- reflector, reflective clothing or a reflective vest
- a headlamp, bicycle lights

Also

- a helmet when cycling, skating, and downhill skiing
- other equipment needed for your activity

IN CASE OF A SPORTS INJURY

Right after the injury

- Avoid putting weight on the injured area and limit movement.
- Elevate the injured limb above your heart.
- Use anti-inflammatory medication and icing with caution.
- Compression reduces swelling and bleeding.
- Active rehabilitation speeds up recovery.

After the acute phase

- Start increasing the load as soon as you can.
- A positive attitude helps recovery.
- Movement improves blood flow and speeds up recovery.
- Start rehabilitation and injury prevention exercises soon.