

# What are your thoughts on physical activity?

## Getting started

### What do you think about physical activity?

- ☐ It's good for everyone, but it's not something I'm thinking about right now.
- ☐ Time is tight, and I have a lot of other things to do.
- ☐ I would be active, but I just can't seem to start.
- ☐ I've never been into exercise.
- ☐ It's a strange idea to me. It's just not for me, no matter how much people talk about it.



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### Think about the last time you were physically active in your free time.

- ☐ It's been a while since I last exercised.
- ☐ I used to play with friends before, but I've stopped now.
- ☐ I guess it was before the kids were born...
- ☐ Maybe it was in PE class at school, or in the army – it felt a bit forced either way.....
- ☐ During the holiday, I walked a lot.



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# Open your mind

## **You yourself have changed.**

You are now a different person than you were five, ten or twenty years ago. Your life is different; you've gained age and experience. You can reconsider your engagement in physical activity as well. Now no one is forcing you to be physically active. You can move in the way you want.

## **The concept of physical activity has also changed.**

Physical activity is more than just sports and collecting achievements. For example, brisk yard work, walking or cycling to work or errands, and active outdoor play with children are all good options. The most important thing is to keep moving.

## **There are many reasons to stay active.**

You can also move to refresh yourself, not just to get fit. Clearing your mind or wanting a change are just as good reasons to be physically active as health or desire to prove oneself. Being active also helps you sleep well.

## **Physical activity does not require special skills.**

Everyone knows how to walk, bend, stretch, twist and climb stairs. Adults can also learn new skills at their own pace. You don't need to become an expert.

# What kind of physical activity would feel right for you?

- Nordic walking
- walking
- group fitness
- yard work
- playing with children
- cycling to work
- dancing
- hiking
- gym workout
- water exercise
- ball games





Physical activity becomes  
your own when it feels good,  
or at least not unpleasant.  
You can find out what works  
for you by trying.

Start with familiar activities like walking or cycling: enjoy nature, clear your mind, and take a moment for yourself.

Expand your experiences: try different routes, look around, climb hills, and explore trails. Explore a new part of town on foot. Walk faster for ten minutes at a time. Try Nordic walking. Learn to skate or ski again. Go cycling or swimming.

Do you want company, one-on-one time, or a chance to chat? Ask a friend or partner to go for a walk. It's easier to get started with someone or in a group.

Would you like more time with your children? Join in outdoor games, go on a bike ride, or have a picnic.