

My Heart Health **Activity Diary**



How much activity should I be doing?

Start by doing what you can do.

The recommendation for physical activity is at least 150 minutes of moderate intensity activity on two or more days of the week. Aim for this, but remember if you are starting from a very low base you will have the most to gain through small increases in activity levels.

What is moderate intensity activity?

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song.

How often should I exercise?

Find the time that works best for you to add up to 150 minutes.

For example: 30 minutes of exercise five times a week, or 15 minutes 10 times a week, or 10 minute blocks several times a day.

A healthy, active lifestyle involves building activity into all aspects of your daily routine. Depending on your fitness level, the best approach may be to add several small chunks of activity, such as 10 minutes at a time, into your daily routine.

Do it your way

Being physically active does not just mean playing sport or spending your leisure time exercising. There are lots of ways to increase your level of physical activity.

Think about the following things when planning your activity:

- Look for local activities that fit into the routine you already have
- Find an activity you will enjoy, and perhaps ask a friend or family member to join with you
- You do not need to spend lots of money being active – choose activities you can afford such as walking in the park or following an online class
- Gardening, rigorous housework, walking the dog, and dancing around the kitchen all count as physical activities
- Check your blood glucose level before you are physically active
- Carry a snack with you in case your blood glucose level goes too low
- Wear clean, dry socks and shoes that fit well and are made for the kind of activity you do
- Check your feet every day. Call your doctor if a cut, sore, blister, or bruise on your feet or toes does not go away after two days
- Keep track of your activity levels throughout each week. This will help you identify opportunities fit more activity into your week.

Questions to ask your doctor before increasing physical activity:

1. What physical activities are safe for me?
2. Are there any special things I need to do to protect my feet?
3. Do I need to make any changes in my medicines before I raise my level of physical activity?
4. Do I need to eat a snack before I'm active?

My Heart Health **Activity Diary**

Name: _____

Week starting: _____



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What activity did you do and to what intensity. For example, a brisk walk, a slow swim.							
Time spent (in minutes)							
How did you feel afterwards? For example, energised, proud, tired, less anxious.							

Total activity =

What day worked best for your schedule?

Could you do more?

What did you enjoy the most?

When?