

Just do it!

Create a plan to help you get started. You'll soon feel more energised. Start with a 4 week plan and even try to get 2 or 3, 30 minute sessions slotted into your diary – and don't let them slip – make them a priority.*

Make it happen - go for an easy jog today

Plan it - check what's on at your local leisure centre

Do it - maybe it's swimming or golf...just do it!

Join it - try something new

Remember 5 is your target, but anything is better than nothing.

*Remember - if in doubt consult your doctor

- 30 minutes exercise could change your life.
- Make a start – **STRIVE FOR FIVE TODAY**

STRIVE FOR 5

SPORTS
COUNCIL NORTHERN IRELAND



STRIVE FOR 5

Exercise **FIVE** times a week,
for 30 minutes for a
healthy lifestyle

What is STRIVE FOR FIVE?

The Sports Council for Northern Ireland is trying to educate people on the importance of sport and regular exercise to help them enjoy a healthy lifestyle.

Obesity is responsible for over 9000 premature deaths each year with lives being lost prematurely due to coronary heart disease, cancer, diabetes, osteoarthritis.

Action is being taken to tackle these problems, especially through increasing physical activity levels.

- **Around 21% of adult men and 24% of adult women are now obese**
- **A further 47% of men and 33% of women are overweight**
- **That's almost 24million adults in the UK**
- **So let's get fit, STRIVE FOR 5**

The Chief Medical Officer, Sir Liam Donaldson has reported:

6 in 10 women and 7 in 10 men do not do the recommended 30 minutes of moderate intensity physical activity five times a week.

4 in 10 boys and 6 in 10 girls are not meeting the recommended one hour a day of physical activity for children.

You could STRIVE FOR FIVE...

30 minutes of moderate intensity physical activity - five times a week...

- **you could make a start today**
- **and STRIVE FOR 5**

Get ready...

if you are considering taking up something completely new always consult your doctor

STRIVE FOR 5