

## PHYSICAL ACTIVITY is the BEST MEDICI



Use the FITT principles to monitor your exercise. FITT is an acronym which outlines key components:



NTENSITY (EASY/MODERATE/

YPE (SPORT/LEISURE

PRINCIPLES



Get your colleagues involved by making it a challenge to be more active together.



Participate in the weekly Park Run.



Try a standing desk. This uses more

FOR PHYSICI

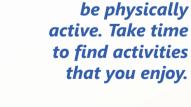
Take a 10 -15 minute walk around the

Use a nearby

outdoor gym

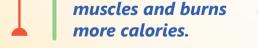
family.

facilities with the



Use weekends to

ACTIVITY



STRATEGIES

school grounds during lunch breaks.





Turn waiting

time into moving time.



Encourage 3 - 5 minute in-class activity breaks



**Limited time? Exercise** in the morning and in the afternoon for 5-10 minutes.



Use the stairs wherever possible.

Start small and build up gradually, just 10 minutes at a time can provide benefits.