



INCREASE YOUR PURPOSE- FUL EXERCISE

Habit Cheat Sheet



@healthbyscience

What is "Purposeful Exercise"?

Exercise is physical activity that is performed to improve one's health or fitness levels. It can include activities such as running, weightlifting, swimming, and dancing.

The best exercise is the one that you do consistently, and that is why it's crucial to try different things until you find something that you truly enjoy.

When you're having fun with your chosen exercise, you're more likely to stick with it and see the results you're looking for.



Why is Purposeful Exercise So Important?

Exercise is crucial for losing weight and getting fitter because it helps to burn calories, improves your performance and preserves muscle mass.

By engaging in regular physical activity, you can increase your metabolism, which in turn helps you to burn more calories even when you're at rest.

Exercise also helps to strengthen your muscles and bones, which is particularly important as you age to maintain your mobility and independence.

Regular exercise has been linked to a range of health benefits, including reduced risk of chronic diseases such as heart disease, stroke, and diabetes.

INCREASE YOUR PURPOSEFUL EXERCISE HABIT IDEAS

TRACK YOUR EXERCISE TIME

TRY OUR BODYWEIGHT
CHALLENGE

TRY OUR FREE MOBILITY
CHALLENGE

START/RETURN TO RUNNING

CHOOSE AN EXERCISE TYPE
THAT'S BEST FOR YOU

EXERCISE WITH A FRIEND

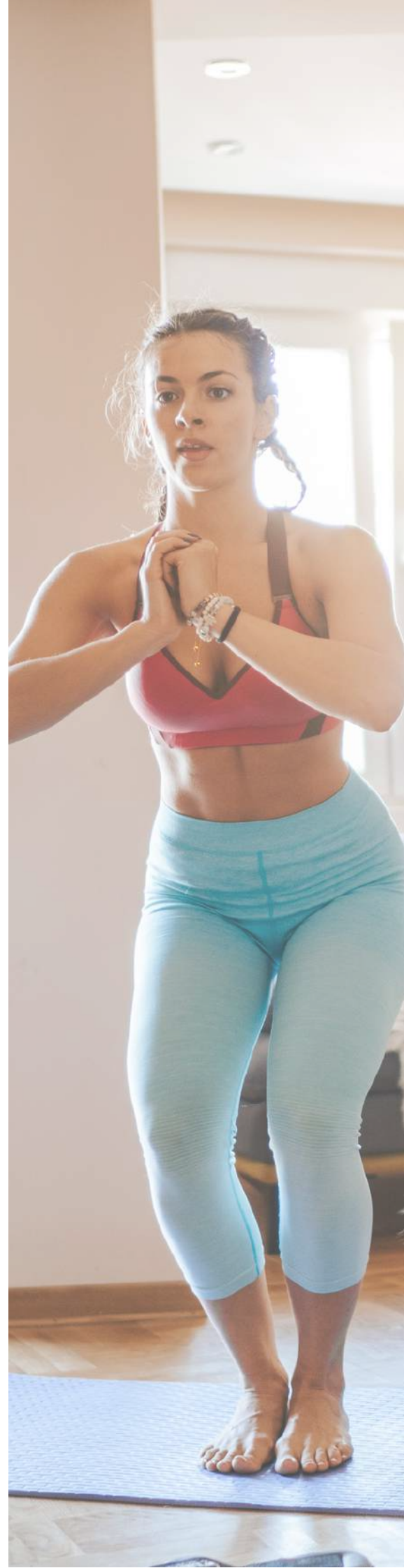
LEARN TO LIFT

KEEP IT BRISK

SIGN UP FOR A CLASS

PLAN EXERCISE INTO YOUR DAY

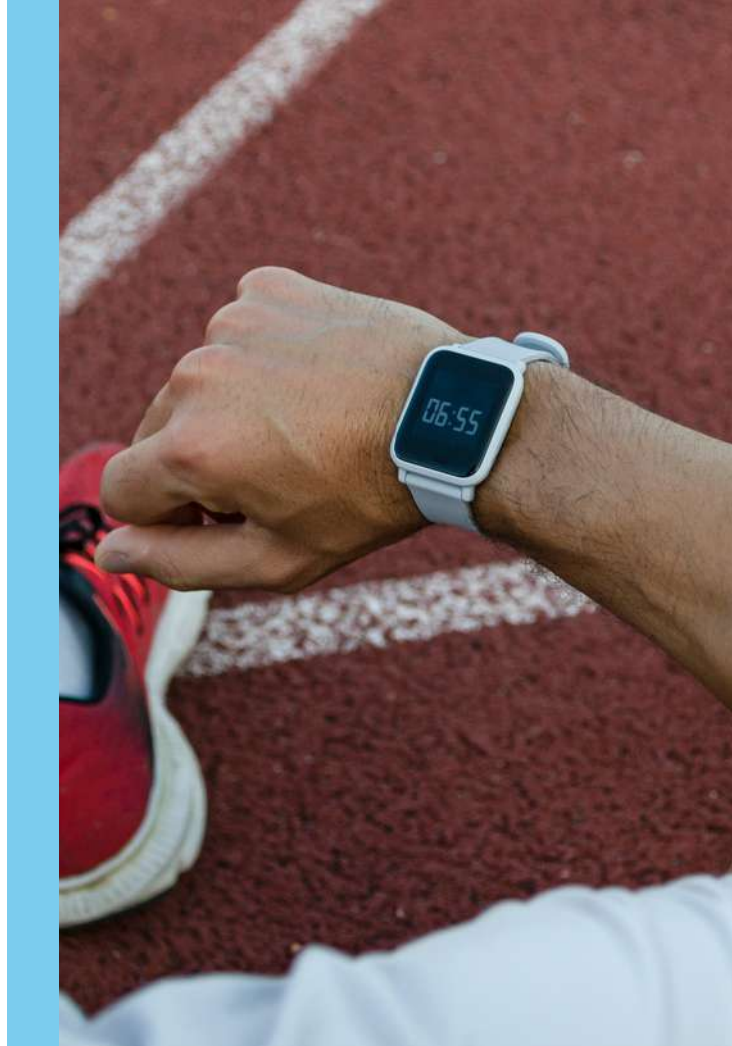
REWARD YOURSELF



Track Your Exercise Time

Tracking exercise time can help increase your awareness of how much time you are devoting to physical activity each day.

This awareness can lead to increased motivation to meet or exceed daily exercise goals, ultimately helping you to increase your overall exercise time and improve your physical health.



Try Our Free Mobility Challenge

Are you feeling stiff or tight and looking to improve your flexibility? Join our Mobility Challenge for beginners! This challenge is designed to help you increase your overall flexibility and mobility with gentle, accessible movements that are perfect for those who are new to stretching.

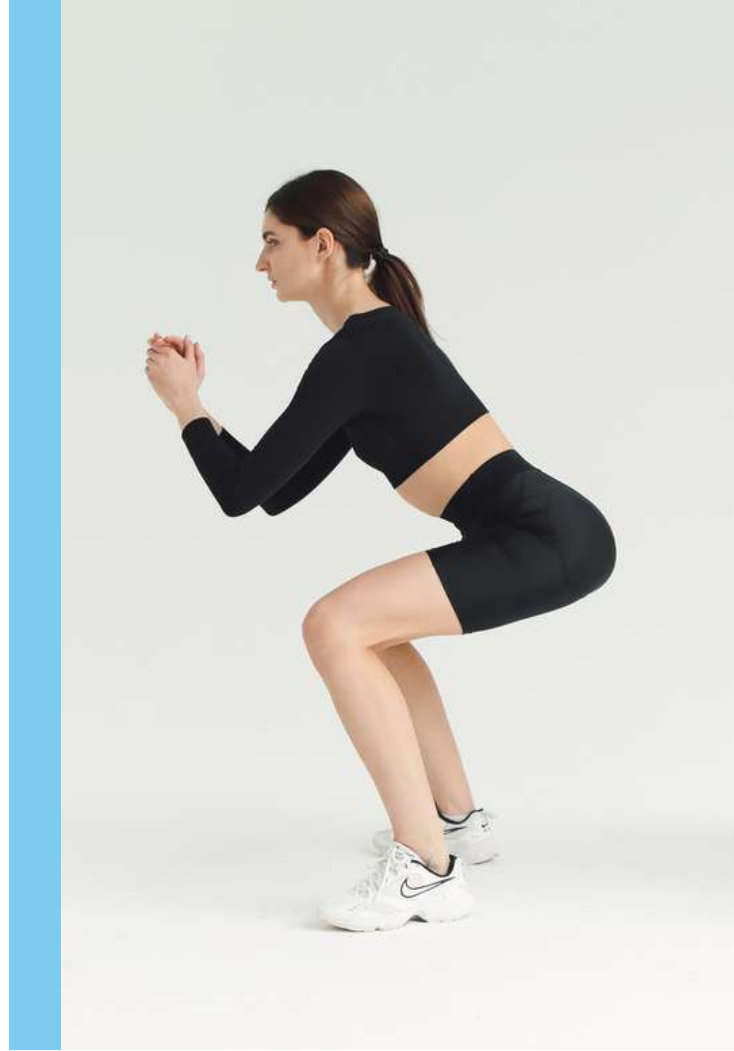
Over the course of the challenge, you'll learn tips and techniques for improving your flexibility, and you'll be amazed at how much more limber and flexible you feel. So why wait?

Sign up today and start your journey towards greater mobility!

[Click here to learn more](#)

Try Our Bodyweight Challenge

The Bodyweight PTBoard challenge is a great way to get started on your health and fitness journey. You don't have to go to extreme lengths, just five minutes of dedicated exercise per day can help. Plus, by taking it slow and steady, you'll build a habit that can last a lifetime! [Click here to get started.](#)



Start/Return to Running

The Couch to 5K running program is the perfect way to start running or get back into running after a break.

This program is designed to gradually increase your endurance and help you feel more comfortable with running over time, with a combination of walking and running intervals that gradually shift towards longer runs as you build your fitness.

By following the Couch to 5K program or Nike Running Club, you can safely and effectively incorporate running into your routine and enjoy the many benefits of this engaging and rewarding activity.

[Click here to learn more about Couch 2 5k.](#)

[Click here for the Nike Running Club app.](#)

Choose An Exercise Type That's Best For You

When it comes to exercise, there are literally countless options to choose from. You can go for a swim, hit the gym, or join an outdoor bootcamp. There's kickboxing, yoga, or Zumba. And let's not forget about running or hiking – just to name a few! So how do you know which type of exercise is right for you?

Well, fortunately, there's a simple guide that can help you figure out what exercise you're actually going to enjoy.

To start with, it's important to think about your personality and preferred activities. Do you live and breathe sports? Are you happiest outdoors? Or perhaps you prefer spending time in a more relaxed setting like a yoga studio or aerobic dance class?

Find an activity that fits your style & interests. You'll look forward to getting in exercise every day when you find something you enjoy!

So what are you waiting for? [Click here to see our guide and start exploring all the amazing types of exercise out there today!](#)



Exercise With A Friend

Shedding a few pounds can be tough, but it's a whole lot easier when you have someone to do it with. After all, dieting and exercising is more fun when you're not the only one struggling to stay on track.

What's more, people who workout with friends are more likely to stick with their fitness goals.

So if you're trying to lose weight, find a friend who's in the same boat and sign up for some exercise classes together.

From spin to yoga, there are plenty of options to choose from. And who knows, you just might make a new best friend in the process.



Try Our Free Learn to Lift Programme

Are you new to the gym and looking to learn how to lift weights in a safe and effective way? Look no further than our Learn to Lift program for beginners!

This program is designed to provide you with the knowledge and confidence you need to use gym equipment and lift weights with proper form and technique.

With the help of our experienced trainers, you'll learn the basics of weight training and build a foundation for long-term fitness success.

So why wait? Sign up for our Learn to Lift program today and get started on your fitness journey!

[Click here to learn more.](#)



Keep It Brisk

A lot of people think that the only way to lose weight is to slog away on the treadmill for hours at a time. But that's not actually true!

You can actually burn just as many calories by exercising briskly for a shorter period of time.

To get started why not try our free Bodyweight For Beginners programme that you can do from home. [Click here to learn more.](#)

Or if you're ready to step foot in the gym and would like professional guidance then why not try our free Learn To Lift Programme. [Click here to learn more.](#)

Sign Up For A Class

If you're like most people, you probably start the New Year off with a resolution to lose weight. And then, a few weeks later, you find yourself back at your usual weight. Sound familiar? If you're having trouble sticking to your diet, it might be time to try something new.

One option is to sign up for a weight-loss class. These classes can provide support and motivation, and they can also give you the tools you need to finally reach your goal weight. The best part is that there are classes available for all fitness levels, so you can find one that's right for you. [Click here](#) to check out what's on in your area.



Plan Exercise Into Your Day

For many of us, trying to lose weight can feel like a never-ending battle. We start off strong, vowing to stick to our diet and exercise goals, but all too often we fall off the wagon after a few weeks.

If you're looking to finally make some progress on your weight loss journey, one of the best things you can do is to plan your exercise into your day. Just like any other important appointment, if you schedule time for a workout, you're much more likely to actually do it.

And when it comes to weight loss, regular exercise is key. In addition to helping you burn calories, it also helps to boost your metabolism and build muscle mass.

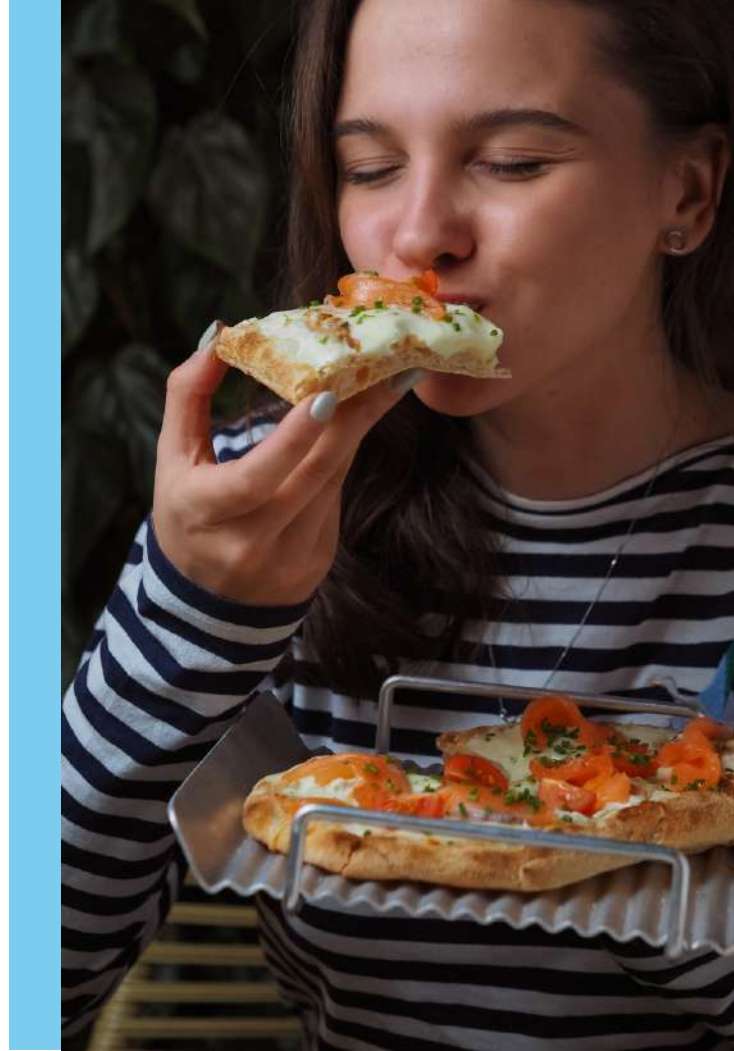
Reward Yourself

If you're trying to lose weight, you might not think that rewarding yourself is a good idea. However, research has shown that small rewards can actually be helpful in sticking to a weight loss plan.

One study found that participants who were given a small reward (such as sweets) after completing a task were more likely to stick with the task than those who were not given a reward. The same principle can be applied to weight loss.

Giving yourself a small treat after completing a week of healthy eating or reaching a fitness goal can help to keep you motivated.

Plus, it can be something to look forward to as you work towards your goals. Just be sure to choose wisely when it comes to rewards - something like fries or cake probably isn't the best idea!



WHAT TYPES OF EXERCISE SHOULD I BE DOING TO INCREASE MY EXERCISE TIME?

Any type of physical activity that you enjoy and can do safely can help increase your exercise time. This can include cardio activities such as running, cycling, or swimming, as well as strength training exercises.

HOW MUCH EXERCISE SHOULD I AIM TO DO EACH DAY?

The UK minimum health guidelines recommend at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week. This can be spread out over several days. However you can get huge benefits from as little as just 5 minutes a day.

SHOULD I BE EXERCISING EVERY DAY?

Yes, it's generally safe to exercise every day if you're doing small amounts of exercise, such as 20 to 30 minutes of moderate-intensity activity. However, if you're doing more intense exercise, such as 45 minutes or more of vigorous-intensity activity, it's important to have rest days in between to allow your muscles and body to recover. Overtraining can lead to injury and other negative health effects, so it's important to listen to your body and give it the rest it needs.

HOW CAN I MAKE TIME FOR EXERCISE IN MY BUSY SCHEDULE?

The best time to exercise ultimately depends on your personal preferences and schedule. Those that choose to exercise in the morning generally find it easier to stay consistent because life is less likely to get in the way. However, some people may find it easier to exercise in the afternoon or evening. The most important thing is to choose a time that works best with your lifestyle and stick to a regular exercise routine, whether it's in the morning, afternoon, or evening.

HOW CAN I TRACK MY PROGRESS AND STAY MOTIVATED?

Keeping a workout log or using a fitness tracker can help you track your progress and set realistic goals. Additionally, finding a workout buddy or joining a fitness community can provide support and motivation to stay on track with your exercise goals.

Remember, it's important to consult with a healthcare professional before starting any new exercise program, especially if you have a pre-existing medical condition or have been inactive for an extended period of time.

HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



FREE COURSES

ANTI-DIET COURSE



LOSE WEIGHT

Develop healthy habits that will sustain your weight loss over time.

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GET FITTER COURSE



GET FITTER

Sustainable approach that will help you achieve healthy fitness goals.

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HEALTH PENSION COURSE



AGE WELL

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