



40s and continues every day if you don't do something about it. Bear in mind the fact that nobody ever became frail and weak on the day of their 70th birthday! The road to deteriorating health can be slowed down and even reversed at any age by doing some physical activity – and if you are already very inactive then the amount you need to gain any real benefit is surprisingly little.

From little acorns...

The next stage is to get more activity into your life than you have at the moment on a regular basis. This may seem like an impossible task, but it is achievable. Keep changes small and manageable – don't be too adventurous or you will put yourself off before you begin! Remember, the recommended daily amount of physical activity is just two per cent of your day!

Identify where physical activity can be incorporated into your day! Look for easy options – it's all about small steps forwards. For example, at home once you have turned the television on, leave the remote control by the set and get up to change channels. The average house has fourteen stairs. By using your stairs twice daily more than you do at present, you can burn up extra calories and improve your fitness. Try changing where your recycling bins are so you have to walk just a few steps further or even go to a different post box to the one you usually use.

In the office, stand up when you are on the telephone – you will use five times the calories than when you are sitting! Send documents to the printer furthest away from you and visit colleagues rather than email or call them. All small, but significant changes, and once you start...

Finally, make a point of noticing how you feel after you have been trying these changes for a month, and see how much more you can do. Then just keep looking for those opportunities!

opportunity KNOCKS

Need help getting off the sofa? Here's how...

By Martin Feaver

The reality is that some of us never make the effort to exercise. We just do not want to set aside time on a regular basis to move our body. The reasons for this state of mind are many and varied – bad experiences at school during PE lessons, a lack of time, boredom are just a few of the reasons people give when explaining why they don't exercise. The reasons for not exercising are generally more complex than one simple factor, and changing a person's attitude towards exercise is no easy task.

Get started!

If you are the type of person that finds exercise difficult, give it a go and you may surprise yourself and those that care about you. The good news is there are ways you can be more physically active



than you are today without setting aside swathes of time, buying the latest sports kit or feeling like you are training for the next Olympics - and not really feeling as if you are actually exercising either!

A good starting point is to realise why you should be physically active. Without enough daily movement, the amount you can do each day gradually reduces. This almost unnoticeable decline starts in your



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