

Be active challenge

MISSION VERY POSSIBLE!

Active every day.

Every 10 minutes counts.

Take the *Be active challenge* and build up to 150 minutes moderate intensity activity a week.

Moderate intensity activities will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.

To help you achieve your mission, plan your activity for the week.

Morning	Lunch	Afternoon	Evening
Mon	Mon	Mon	Mon
Tues	Tues	Tues	Tues
Wed	Wed	Wed	Wed
Thurs	Thurs	Thurs	Thurs
Fri	Fri	Fri	Fri
Sat	Sat	Sat	Sat
Sun	Sun	Sun	Sun



Start the Be active challenge



Start the
Be active
challenge
and write
your physical
activity here

Monday	
Physical activity	Minutes
Total time	

Tuesday	
Physical activity	Minutes
Total time	

MISSION TIPS:
Doing some physical activity is better than none, and doing more provides greater health benefits.

MISSION TIPS:
Keep moving - limit the time you spend sitting still.
At work, use facilities such as the bin, bathroom and printer that are the furthest from your workstation.

Start the Be active challenge

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Saturday	
Physical activity	Minutes
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.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
Total time	

Sunday	
Physical activity	Minutes
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.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
Total time	

MISSION TIPS:
Be sure to add strength activities that help to keep your bones and muscles strong, including using the stairs, carrying shopping bags, home-based exercise or classes that involve strength e.g. resistance bands or weights.

MISSION TIPS:
Even a short activity break helps to re-focus the mind and improve the quality of what you do.

Find a friend or colleague to be active with, it will help to keep you motivated and is more enjoyable.

Add up your total activity minutes

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Day	Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total time	

If you are active you are less likely to die from coronary heart disease than someone who is inactive.

Have you achieved your mission?

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Verdict



200 minutes

Super!
Keep it up you are doing great.

150 minutes

Congratulations!
You have achieved your mission

100 minutes

Making positive moves

50 minutes

Taking steps in the right direction

0 minutes

You're not active enough

Don't stop now!

Take the **Be active challenge** again next week, visit bhf.org.uk/beactivechallenge to download a weekly planner and record sheet.

Find out more about physical activity in our free **Get active, stay active** booklet. To order:

- Call the BHF Orderline on 0870 600 6566
- Email orderline@bhf.org.uk
- Visit bhf.org.uk/publications