

Tips for making it easier to be active in your home

Getting your home environment ready for activity will make it easier to do it every day.

- Do your activity at the same time each day. Think about the other people in your house and choose a time that is the **easiest** for you to fit in.
- Start small and build up. If every day is unrealistic, start with 2 or 3 times a week.
- Tell other people in your house your plan. Either ask them to join in or stay out of the way.
- If you have space in your home, you can make an area that is specifically for your activity.
- If you live alone, tell friends or family so they do not call you during this time.
- Write 'activity' on your calendar or in your phone, as a daily reminder.
- Find clothes that are **comfortable** to be active in and get them ready, e.g. if your activity is in the morning, get them out the night before.
- **Celebrate every time** you complete an activity! Whatever you have done is better than nothing, so congratulate yourself. Think of the positive things you would say to a friend who had just done this, now say them to yourself.
- Think about your common reasons for not doing activity and how you can avoid this 'danger zone'. For example:

Danger Zone	Planned Action
I want to do my activity after I have finished my working day, but I am always too hungry.	I will have a snack (fruit, crackers) one hour before my working day finishes.
I am stressed and don't think I have the energy to do my activity today.	I will remind myself that exercise will help reduce stress and improve my mood.
I have been invited to a zoom call during my scheduled activity.	I will get changed into my exercise clothes and call my friends after I have done my activity.

References:

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Pilling, S & Newman, R (2012). Braintree self help guide. London: London Strategic Health Authority.