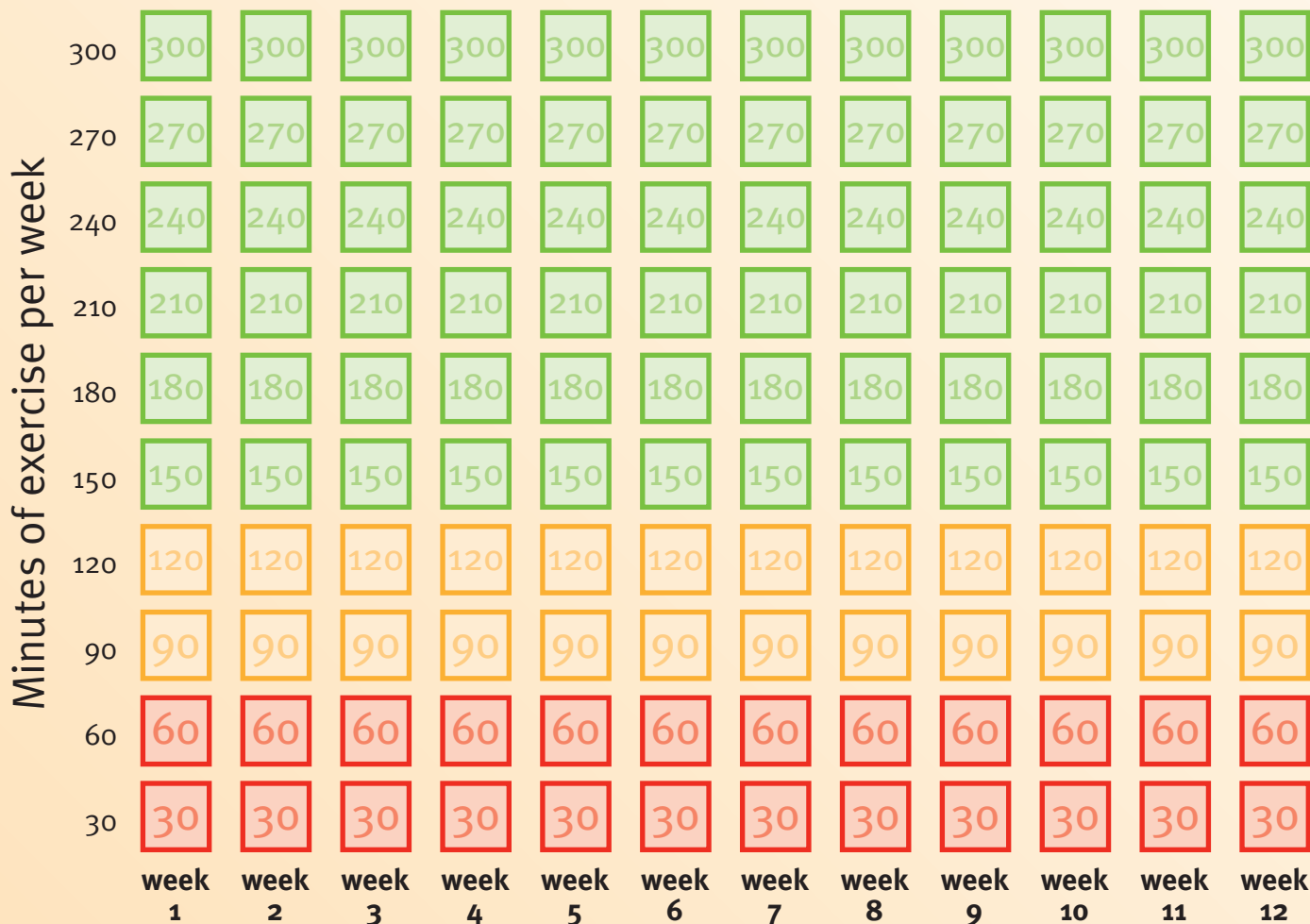




Get into the GO ZONE!

Get fitter, healthier and happier in just 12 weeks.

Thirty minutes physical activity each day is all it takes to help you, your family and friends to become fitter. You'll be amazed at how small changes to your lifestyle can make the biggest differences to your health and happiness.



How to use the Activity Diary

It's simple... Use a pen to block out every half an hour of exercise you do in a week. Your aim is to climb into the healthy green area of the chart - and stay there!! Even if you start in the 'Go Zone' it's a great way to try and do more!!! You can chart your progress over 12 weeks and keep track of how well you are doing, this will help you enjoy the benefits of having a more active lifestyle! Go on Give it a Go!

Any kind of physical activity which causes a slight raise in heart rate, breathing rate and temperature is what you should be looking to achieve, as well as it being fun and enjoyable. You can start off with one or two times per week, then build up to three to four days per week, then five times or more! **The more you do the happier and healthier you become!**

GO ZONE

Keep going!

AMBER ZONE

Just a little more!

RED ZONE

Get out of here!