



# **MIND YOURSELF** **WITH** **MELBOURNE**

## **FITNESS** **BENEFITS OF EXERCISE**

- Promotes the release of feel-good chemicals in your brain, like endorphins and serotonin.
- It helps you sleep better so you rest fully at night and feel more energised during the day.
- Strengthens our heart, our muscles, bones, and circulation around our body to help prevent and reduce health risks in the future.
- Gives you a sense of accomplishment as your fitness improves and you start achieving your goals.
- Exercise can be a fun and shared activity with others, so you get the added benefits of social connection and motivation.

## **SIX TIPS FOR STARTING AN EXERCISE ROUTINE:**

- 1. Find your reason** – you are more likely to stick with a new behaviour if it is linked to something you really value in life. Being with friends? Achieving a new goal? Finding new walking trails? Losing weight? Feeling fitter?
- 2. Start small** – Just add five per cent to what you are currently doing. If you are stuck on the couch, just walking in your street each day is a great start.
- 3. Make it part of your routine** – the more decisions you must make about when to exercise, the closer you will come to deciding not to. Timetable your exercise into your weekly schedule so you are not relying as much on willpower. For example, instead of driving to the shops – walking or riding is a great way to get some incidental exercise.
- 4. Do something you enjoy** – exercise does not have to be serious. Find an activity you enjoy (or at least do not dislike) and you are more likely to keep doing it.
- 5. Set goals and monitor progress** – it is very rewarding to track your progress towards a specific goal. It makes every exercise session feel purposeful.
- 6. Make a commitment to others** – you are less likely to opt out if you have a friend or team relying on you to be there.