



Safe exercise at home

TIPS FOR STAYING MOTIVATED

If you used to go out regularly you risk losing fitness, strength and balance when you stay at home more. Or if you haven't been active previously, it is never too late to start. Low fitness, strength and balance will make daily activities more difficult. Simple home exercises and regular walking can improve your ability to do daily activities. Extra time at home provides a good opportunity to get into good exercise habits.

Some tips to help you keep up with your exercise program include:

- Plan what exercise you will do and at what time each day.
- Choose activities you will enjoy.
- Tell someone about your exercise plans or write them down.
- Try recording exercises done in a diary or calendar.
- Start with small changes.
- Try to increase the number of steps you take each day. You can monitor your steps with a phone app or activity monitor.
- Focus on what you have achieved.
- Any increase in activity is good for you; even walking around the house is better than sitting all day.

The *Safe exercise at home* website ([Tips for staying motivated page](#)) has a link to a useful information booklet which includes an example of an exercise diary that you can download for use.

The information on the "Safe exercise at home" website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.