



NEW TO EXERCISE?

WHERE DO I START?

You don't need to be fit, strong or experienced with exercise to get started. Whether you're new to exercise, returning after some time away, or getting back to activity following pain or injury, start at a level that works for you and build gradually.

START SMALL

Exercise doesn't have to mean going to the gym. Start with something manageable, a short walk, moving more during your day, simple strengthening exercises or an activity you enjoy. Some activity is better than none.

INCLUDE STRENGTH

Strengthening isn't just for athletes or gym goers. It can be adapted to your ability, from simple bodyweight exercises to resistance bands or weights. UK guidelines recommend strengthening activities on at least 2 days each week.

KEEP ACTIVE

Adults should aim for around:
150 minutes of moderate activity each week or 75 minutes of vigorous activity
But you don't need to achieve this straight away. Start with what you can manage and build from there.

PROGRESS GRADUALLY

As exercise becomes easier, gradually increase your:
TIME • REPETITIONS • RESISTANCE • DIFFICULTY
You don't need to change everything at once.

HOW CAN I GET MORE ACTIVE?

Not sure where to start? Look for simple ways to add movement into things you already do:

- Take a short walk at lunchtime
- Walk part of a journey instead of driving
- Take the stairs when you can
- Get up and move regularly during the day
- Try a class, sport or activity you enjoy
- Add a few simple strengthening exercises at home

Small amounts of activity throughout the day all add up.

ASSESSMENT • TREATMENT • REHABILITATION

Care focused on what matters to you.

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