


Annexe 2 – Call to Action Activity Template

Theme: Active Living

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| Thematic Area | Active Living | |
| Activity Title | Active every day | |
| Type of resource | Self-Help Activity | |
| Photo | <div style="text-align: center;">  <p>This Photo by Unknown Author is licensed under CC BY</p> </div> | |
| Duration of Activity (in minutes) | | Learning Outcome <p>Knowledge:</p> <ul style="list-style-type: none"> • Understand the benefits of physical activity • Identify and describe various physical activities that can be incorporated into daily life to increase overall physical activity levels <p>Skills:</p> <ul style="list-style-type: none"> • Develop a personal physical activity plan tailored to individual needs, goals, and preferences. |

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| | | | <ul style="list-style-type: none"> • Apply goal-setting principles to establish healthy physical activity habits. <p>Attitudes:</p> <ul style="list-style-type: none"> • Appreciate the emotional benefits of physical activity. • Evaluate the impact of active living on various aspects of well-being. |
| <p>Aim of activity</p> | <p><i>The World Health Organisation recommends that adults do at least 150-300 minutes of moderate-intensity aerobic physical activity every week and do muscle-strengthening activities at moderate intensity twice a week.</i></p> <p><i>Being active can improve muscular and bone health, reduce the risk of heart attacks and diabetes, and help maintain a healthy weight. It also improves our overall mental health and reduces our risk for depression. But keeping active doesn't require an expensive gym membership or lots of free time. You can start small by incorporating physical activity into your daily routine. For example, you can walk to the store instead of getting public transport or your car. You could take the stairs rather than the lift. Vacuuming, gardening, cleaning and home repairs are also great ways to increase your physical activity while keeping up with your chores. Use the exercise that follows to consider your daily routine and identify any opportunities you can use to increase your physical activity.</i></p> | | |
| <p>Materials Required for Activity</p> | <p><i>Active Living Weekly Planner</i> <i>Pen/pencil</i></p> | | |
| <p>Step-by-step instructions</p> | <p>Step 1: <i>Think of examples where daily physical activity can be easily incorporated into the person's daily routine (e.g. lifting groceries, doing laundry, vacuuming, gardening, playing sports with friends, taking the dog for a walk, playing with pets, brisk walking to the store, climbing stairs, dancing)</i></p> <p>Step 2: <i>Try to commit to a couple of activities to do every week and include them in your weekly schedule.</i></p> <p>Step 3: <i>Fill in the active living worksheet to support you in fulfilling this commitment.</i></p> <p>Step 4: <i>After each week, document what positive changes you have noticed from living actively.</i></p> | | |

Template

Active Living Weekly Planner