

WHAT TO DO IF YOU ARE STRUGGLING TO GET BACK INTO THE RHYTHM OF EXERCISE

 @BELIEVEPHQ

working with

for better mental health



Remind yourself of why exercise matters to you



Find a workout buddy or partner who you can safely exercise with



Set some small and achievable goals which you can review on a weekly basis



Create a timetable or plan and write it down



Mix up your exercise and try something new. Explore a range of different exercises



Keep track of your exercise or activities to help you monitor progress



Make your activity or exercise fun for you



Start slowly and gradually build up your sport or exercise routine as your progress



Identify someone in your family or friendship group who can support and encourage you



Reward yourself for completing an achievement or activity

