

Getting Active

Small steps. Real results. Starting is everything.

NHS Aligned HSE Ireland Evidence-Based



YOUR PERSONALISED EXERCISE PRESCRIPTION · FITT FRAMEWORK · NHS / HSE ALIGNED

F	Frequency	3–5 days per week — start with 3 and build up gradually
I	Intensity	Moderate pace: you can talk, but not sing (RPE 12–14). Brisk, not breathless
T	Time	Start with 10 minutes a day. Build to 30 min sessions over 8–12 weeks
T	Type	Brisk walking, cycling, swimming, dancing — anything you enjoy and can keep doing

Simple Ways to Start

- › Take a 10-min walk after each meal
- › Use stairs instead of the lift
- › Park further from your destination
- › Walk and talk — take calls on the move
- › Aim to break up sitting every 30 minutes

Build Your Habit

- › Set the same time each day for activity
- › Track your steps — free apps help
- › Tell a friend or family member your goal
- › Expect some days to be harder — that's normal
- › Any activity is better than none — always

★ The greatest health gain comes from going from completely inactive to just a little active. Even 10 minutes a day makes a measurable difference to your heart, energy, and mood.

[Couch to 5K app](#)

[parkrun.ie](#) — free & friendly

[HSE Walking Routes](#)

[GetIrelandActive.ie](#)

⚠ WHEN TO CONTACT YOUR GP OR SEEK URGENT HELP

- Chest pain, pressure, or tightness during or after activity
- Severe shortness of breath or dizziness when exercising
- Palpitations or an irregular heartbeat
- Any new pain that persists more than a few days

EXERCISE PRESCRIPTION For completion by prescribing clinician

Date _____		Patient Name / Addressograph _____	
Prescriber Signature _____		IMC / GMC No. _____	