



# Sticking With It

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We all know that exercise is good for us. But still, many of us struggle to find time to exercise regularly.

Here are some tips for staying active, even when it's the last thing you feel like doing!

## Consider Why

In order to fully commit to a lifelong journey of health and wellbeing, you should first reflect on why it is important to you. Why are you choosing to do this? The answer will be deeply personal, as you should consider your own life goals and ambitions.

**Do you want to:**

Live a longer life?

Improve your mood?

Be more active with your kids or grandkids?

Be a role model for others?

Live life to the fullest?

Whatever your goal, reflect on it regularly and remind yourself of it whenever you're thinking of skipping the day's activity. Perhaps you could write it down or put a related picture somewhere so that you see it regularly as a reminder.



## Consider What

The activity that you choose has to be something that is both enjoyable and sustainable - it should be something that you can do regularly and enjoy doing.

This might not be just one activity. Enjoying a range of activities will keep you interested and provide a broader range of health benefits.

Your choice of activities may also change over time. At first you may find it easier to commit to activities you can do at home. But as your health and fitness improves you may like to try new activities or

challenges that you've never considered before. Use the online events calendar in the Transplant Active Clubhouse to help you find your next challenge. You can find the Transplant Active Clubhouse on the Transplant Australia website at [www.transplant.org.au](http://www.transplant.org.au).

If you prefer socialising to exercising, build this into your choice of activity – meet friends for a walk, join a club or team, or try a group fitness class where you can make new friends.

## Make Simple Changes

You don't need to overhaul your entire lifestyle in order to get fit and healthy. Initially, make some simple changes that add exercise into your existing lifestyle rather than changing too much too soon. Once you're on your way you can make more changes as you feel comfortable. Gradually increasing your exercise frequency is more sustainable than going too hard too soon and quitting.

## Be Adaptable

We know there are always reasons not to exercise, so it is recommended that you consider these at the beginning and plan around them. For example:

- If it's raining and you don't want to get wet, do an exercise class at the gym or online instead.
- If you don't have time to go to the gym for an hour, do a shorter online session at home.
- If you're tired, choose some lower intensity exercise.
- If you get injured, adjust your timeframes rather than giving up altogether.

## Don't Be Too Hard on Yourself

If you've set yourself a long-term health and fitness goal, don't expect to achieve it within the first month! Keep focussed on your long-term goals and celebrate all of your achievements along the way.

The first few months are always the most challenging. So don't be afraid to adjust your program and try new things. The key is to persist and have faith that things will get easier with time.

**Don't give  
up. It's worth  
the effort!**

## Don't be Afraid to Ask for Help

Whether you're struggling to get started, stay motivated or hampered by injuries, it's ok to ask for help – from friends and family, medical and fitness professionals or anyone you think can help. Seek someone with the wisdom or energy to help you persevere or to join you in your quest.

