Getting started

The hardest rep is the first one. After that it gets easier.

1. The best workout is **the one you'll keep doing**.
2. Start easy, and build up slowly. Too much too fast is how people get hurt.
3. You don't need a gym or fancy gear.
4. Aim for around **an hour of movement a day**. It doesn't have to be all at once.
5. Try different things, like sport, dance, cycling or climbing, until one sticks.
6. A good target is **150 minutes of moderate activity a week**. That's 30 minutes, five days.
7. Stairs, short walks and getting off a stop early all count.
8. If you haven't been active for a long time, or have a health condition, check with a doctor first.

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