

Tips for getting enough exercise



Every movement counts. If you see an opportunity to move - be that getting off the bus early or taking the stairs - go for it. Everything counts. Even small amounts of movement can boost your mood.

Aim for 30 minutes of 'conversation pace' each day. This exercise should be brisk enough to elevate your heart rate and increase your breathing, but you should still be able to hold a conversation.



Spread activity evenly throughout the week. Aim for little and often, instead of squeezing all your exercise into one intense session. This way, you'll get the mental boost from exercise more often, too!

Enjoy your exercise! Choose types of movement that you enjoy. You'll be far more likely to stick to an exercise plan if you move in a way that feels good for you.



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