



Active together for better mental health.

1. Buddy up, team up with an exercise partner and help each other to keep moving rain or shine.
2. No such thing as bad weather, just bad clothing. Plan and dress for the elements, that'll see you operating in all weather. Check the forecast the night before you plan to head outdoors.
3. Embrace the elements, see them as an additional layer of challenge and enjoy greater rewards.
4. Don't be afraid to get creative, adapt what you already have around you, no gym required.
5. Little steps, take incremental steps and build up slowly. Getting out for ten minutes is better than not getting out at all.
6. Put skin in the game, sign up for an event, commit and get training.
7. Find your local running club or similar and get social too.
8. Getting active outdoors isn't all about exercise, it's about having a mini-adventure and exploring, it's important for our brain and mental fitness too. Plan to go somewhere new and use a walk or jog as your transport to get there. There's history everywhere.....
9. Challenge yourself, not just physically but mentally too. See bad weather as an extra layer of challenge, a bit like pushing out extra sets and reps in the gym.
10. Train your mind so that the act of putting on your outdoor training gear becomes a mental switch in your brain that says "once I've put my clothing on, I have to go and exercise outdoors". If you're tempted to head for home and the sofa after work put your kit on in the office. If you find it tough on a morning when waking up, keep your gear by your bed and it's the first thing you put on. Once it's on your going out regardless...
11. Have a clear goal, purpose for training. Not just weight loss for example but how you want to feel when you've lost the weight or have more energy to play with your kids for example. Visualise and imagine how you'll feel when you've put in the work.
12. Get friends, family and work colleagues to hold you accountable. Tell them what you're going to do, post your intentions on social media and so on.
13. Be mindful of the language that you use and your internal voice/dialogue. If you tell yourself it's going to be cold, wet and miserable, guess what it will be! Change your internal narrative and think about the end state too, the massive endorphine rush at the end of your session and immense feeling of satisfaction.
14. Consider what kind of person you are, what your chronotype might be? Are you a night owl or early bird and build your training regime around this.
15. Plan your workout ahead of time and write it down in advance.
16. Make your outdoor exercise purposeful, jog to the shops, jog to go and visit someone etc. Whenever there is a reason for doing something it helps you to find the motivation to do it.
17. Get off public transport one or two stops early either heading into or when leaving work that way you're forced to walk or jog to the office or back home.
18. Come up with an outdoor challenge and do something to raise money for charity. Get your friends involved too.
19. Choose a physical activity that you enjoy! Not always possible of course but try a range of different activities, even outdoor ice skating in winter.... There is usually something for everyone
20. Learn to appreciate the beauty of all the seasons, in winter those cold, clear frosty mornings can be stunning. The light at dawn or dusk in winter can be incredible too. The crunch of a heavy frost underfoot and so on. There is so much to appreciate in winter.
21. Have a friend in need of support or help? Why not buddy up with them and offer to get them out walking and talking?
22. Plan to reward yourself in some healthy way if you complete your workout.
23. Try to be consistent with the timing of your workouts and soon it will become part of your normal pattern of life.
24. Volunteer to become a wellness ambassador at work, form a running club or outdoor activity club, even run simple HIIT sessions outdoors. You'll soon have more workout buddies
25. Get the whole family involved. From pushing the pram around a park with a mums group to playing football with the kids in the back garden. Think, how can I incorporate the whole family?
26. Have a health check with the GP or local pharmacy. Fat ratios, blood pressure, hips to waist etc. This can often prove to be the catalyst for change and promotes movement. Remember exercise not only results in weight loss but also lowers blood pressure too.

27. Check out apps like Map My Run, Strava etc. Why not try some of the running routes listed by others or start by posting your own?
28. Have an outdoor step challenge with friends, family and colleagues, FITBITS or similar are getting much cheaper now.
29. Get active outdoors to inspire others and post your work on social media. The more we all share our outdoor activity stories the more we inspire others to do same. Now, that's rewarding and invaluable too!
30. Become a volunteer. There are so many charities engaging in outdoor work, the National Trust, Wildlife Trust etc, who need your help. No better way to get active and social outdoors!
31. Head outdoors to shift your mental state, outdoor movement is a fantastic way to rapidly shift from a negative to positive mental state. From brisk walk to jog, this stuff works and it's free!

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