

# **Self help matters.**

Helping you to find your solutions

## **Exercise**

# Exercise

It is widely recommended by health practitioners that adults engage in moderate intensity exercise for 20-30 minutes a day at least five days a week (that gives us two days off each week!). Children and young people need to aim for about 60 minutes a day.

Exercise can be fun, engaging, stimulating, help you sleep better, reduce how you respond to stress and generally make you feel better about yourself. It's a no-brainer.

If you spend a proportion of your time exercising now, you'll build up a reserve of fitness, which may reduce the potential for the aches and pains you might otherwise suffer from later in life.

## Top Tips

**Doctor.** If you haven't exercised for some time or you have a medical condition, make an appointment with your GP. They will determine what exercises might be safe and appropriate. Suddenly leaping into high-energy exercise could do more harm than good.

**Walk the talk.** Walking is probably the most accessible form of exercise around and cheap! Walk at a brisk pace to increase your heart rate, blood flow and circulation. Aberdeen is blessed with several excellent parks and a beach promenade. Join a hill-walking or hiking group.

**Sociable.** Whether it's a team-related sport or just something you do with someone else, exercise can be a great way of socializing and making friends, which in turn can improve your sense of well-being. A commitment to others makes it more likely to happen!

**Chores.** It's amazing how much energy you can expend when vacuuming, dusting, cleaning, polishing or washing windows. You get to exercise and have a nice, clean and tidy home!

**Gardening.** If you have a garden, mowing the grass or weeding will help you get some exercise and it gets you out in the fresh air too.

**Stairway.** Modern buildings are full of elevators. If you take the stairs, you get some important exercise. Even if it's going down the stairs only, it's still exercise. Make a habit of it and you'll start to build this into normal behaviour.

**Cycling.** How about peddling to University? Or try getting out into the hills for some mountain-biking. There are several road cycling clubs for people of all capabilities and ages.

**Volunteering.** Give something back whilst keeping fit. The University offers loads of volunteering opportunities, including National Trust for Scotland.

**Swimming.** Whether your excuse is you don't like to get your hair wet, or you feel self-conscious about your body, once you're in, you're just like everyone else. Swimming pools often have slots dedicated to learning or training, so if you're not very good at it, you can learn. Even a gentle paddle up and down the pool helps to flex the limbs.

Make it happen. Schedule exercise in your calendar as though it is an important meeting. There's a treasure-trove of exercise options at the Aberdeen Sports Village which you can utilise on your own, with your friends or with others who share your interest in fitness. Check it out at <http://www.aberdeensportsvillage.com/>

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### ABERDEEN SPORTS VILLAGE

Aberdeen Sports Village is the premier sport and exercise facility in Scotland and provides world class opportunities for everyone in the community.



[www.aberdeensportsvillage.com](http://www.aberdeensportsvillage.com)

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### STUDENTS' UNION VOLUNTEERING



[www.ausa.org.uk/volunteer](http://www.ausa.org.uk/volunteer)

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#### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)