



Be Pain Smart – Physical activity

My plan for getting more active

When planning a movement program, start by thinking of one activity you could start or do more of, then make a plan. Write it down below.

What type of activity do you want to do?

I would like to walk to the shops.

How often will you do this?

I will walk to the shops every second day.

How hard or long will you do this for?

At first, I will take a break on the way to and from the shops. After a few weeks I will try to shorten the breaks.



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Now it is your turn to have a go at planning your movement program. Talk to a physiotherapist or exercise physiologist, your family or carers, or just have a try yourself.

Start by thinking of one activity you could start or do more of, then make a plan. Write it down below.

My movement plan

What type of activity do you want to do?

How often will you do this?

How hard or long will you do this for?

Check out the '[Goal setting](#)' and '[Pacing](#)' sections on the website to help you with your plan.