**Keeping Fit**

There are many ways to staying fit in work. Simply taking the stairs, parking further away from your workplace, biking to work or going for a walk at lunchtimes could make a difference.

It has been found that setting yourself a goal and exercising with friends is a great way to stay motivated.

**Active Fitness on a budget**

Outside of work, it is important to try and find a form of exercise that you enjoy.

Guidelines suggest that you should try and exercise for 30 minutes, three times a week to the point that you feel warm and out of breath to stay healthy. Or if you’re a beginning or stuck for time try these <http://www.nhs.uk/livewell/loseweight/pages/tenminuteworkouts.aspx>

There are many ways to do this either at home with an exercise DVD or exercise bike or at a sports club or leisure centre.

The Sports and Social Club in UHW has a swimming pool, squash courts and runs several exercise classes each week. Find out more about the range of memberships and activities on offer on our website at [www.cmcsportsandsocialclub.co.uk](http://www.cmcsportsandsocialclub.co.uk/), follow us on Twitter @CMCSportsSocial or on our FaceBook page.

Staff members can also get 25% discount off membership at Cardiff Council leisure Centres. Click on the link below to find out more: [Cardiff Active Corporate Card Scheme](http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/11%20CARDIFF%20ACTIVE%20CORPORATE%20CARD%20SCHEME1.pdf)