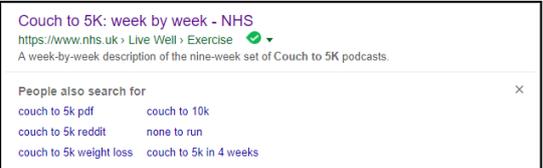


# Couch to 5k

How many boxes of biscuits and chocolates did you get for Christmas? If you got anything like us, the Couch to 5k podcast will be a really useful way to get you up off the sofa and out of the house exercising.

<p>1</p>	<p>Couch to 5k is a 9-week program recommended by the NHS. Available as an app, or a podcast, the Couch to 5k gives you a choice of coaches and the ability to track your progress through the Couch to 5k program.</p> <p>Have you ever wanted a celebrity running partner? With Couch to 5k, you can get coaching from Radio 2 DJ Jo Whiley, comedian Sarah Millican, comedian and actor Sanjeev Kohli or Olympic sprinter Michael Johnson.</p>	  
<p>Q</p>	<p>What's a podcast?</p>	
<p>2</p>	<p>The first thing we need to do is use a search engine to search for 'Couch to 5k'.</p> <p>We are going to select the NHS website highlighted in the image on the right.</p> <p>This program is aimed at beginners to gradually build up their running ability, so they can eventually run 5k without stopping. It has been tried and tested by thousands of runners. You can repeat weeks until you feel comfortable to move on and the website highlights the importance of structure and rest days!</p>	

<p>3</p>	<p>You can either read the details of what each week contains on the Couch to 5k web page or download each week as an individual podcast.</p> <p>You can also download the entire podcast or download an app from your relevant app store.</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 1</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 2</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 3</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 4</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 5</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 6</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 7</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 8</div> <div style="border: 1px solid green; padding: 2px; margin: 2px;">Week 9</div> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <ul style="list-style-type: none"> <li>• <a href="#">download from iTunes</a></li> <li>• <a href="#">download from Google Play</a></li> </ul> </div>
<p><b>Q</b></p>	<p>Using the Couch to 5k website, have a look at what exercise you have to do to complete Week 7 of the Couch to 5k program. Write the plan in the space to the right.</p>	<p><b>A</b></p>
<p>4</p>	<p>Exercising can reduce the risk of major illnesses such as heart disease, strokes, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy(ish) to do, has an immediate effect and doesn't require you to visit a GP or take medication to get better.</p>	
<p>5</p>	<p>How much exercise should we do each week? From the top of the existing website select "How Much exercise?"</p>	<div style="border: 1px solid black; background-color: #007bff; color: white; padding: 10px; text-align: center;"> <p>How much exercise? ▼</p> </div>
<p>6</p>	<p>Select the link Physical activity guidelines for adults.</p>	<div style="border: 1px solid black; padding: 5px;"> <p><a href="#">Benefits of exercise</a></p> <p><a href="#">Benefits of cycling</a></p> <p><a href="#">Why we should sit less</a></p> <p><a href="#">Physical activity guidelines for children (under 5s)</a></p> <p><a href="#">Physical activity guidelines for children and young people</a></p> <p><a href="#">Physical activity guidelines for older adults</a></p> <p><a href="#">Physical activity guidelines for adults</a></p> <p><a href="#">Exercise as you get older</a></p> </div>

7	<p>This shows how much exercise is recommended for people aged 19 – 64. If you are above 64.</p> <p>Select the Link: Older adults (65 and over)</p>	<p>Click on the links below for the recommendations for other age groups:</p> <ul style="list-style-type: none"> <li>• <a href="#">early childhood (under 5 years old)</a></li> <li>• <a href="#">young people (5 to 18 years old)</a></li> <li>• <a href="#">older adults (65 and over)</a></li> </ul> <p><b>Guidelines for adults aged 19 to 64</b></p>
Q	<p>Providing you are generally fit and have no health conditions that limit your mobility, how much moderate aerobic activity should you do each week?</p>	A
8	<p>Further down the page, Select the link “Find out why sitting is bad for your health”, have a read of the article and answer the following question.</p>	<p><a href="#">Find out why sitting is bad for your health</a></p>
Q	<p>According the article, how often should you take an active break from sitting?</p>	A
9	<p>This website provides a lot of information about health exercise and health conditions. Have a browse the site. Any writing that is shown in the middle of a sentence as underlined and in blue text is a link to more information.</p>	
10	<p>At the very top of the website there are links to other information. Health A-Z &amp; Live Well are worth looking at.</p>	