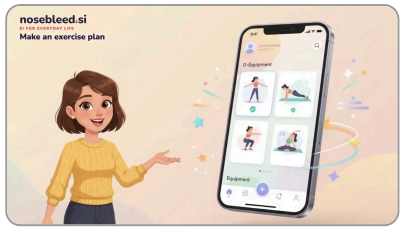
# Make a gentle exercise plan




Use AI to plan a little more movement each week, in a way that suits you and your body.

**By the end, you'll be able to:**

- know what counts as being active
- give AI the details it needs for a safe plan
- check a plan for anything that doesn't suit you

## Warm-up What kind of moving do you enjoy?

Tick any you enjoy, or used to enjoy, then share with your group.

☐ Walking ☐ Gardening ☐ Dancing ☐ Swimming ☐ Chair exercises ☐ Playing with grandchildren

## 1 What counts?

Tick what each activity does. Some do both.

| | Gets me moving | Builds strength or balance |
|---|---|---|
| Brisk walking | | |
| Digging in the garden | | |
| Dancing | | |
| Carrying heavy shopping | | |
| Standing on one leg while the kettle boils | | |
| Sitting and watching TV | | |

> **A guide from the UK's Chief Medical Officers:** adults should aim for about 150 minutes of moderate activity a week (activity that makes you warmer and a bit out of breath), plus activities for strength on at least two days. Older adults should also include balance. Any activity is better than none.

## 2 Ask AI for a plan

If you have a device, try this prompt. It's for a made-up learner called June.

**TRY THIS PROMPT**

Please make me a gentle four-week plan to get more active. I'm 70, I can walk for about 15 minutes, and I enjoy gardening. I have a bad left knee. I'd like to do a little most days, plus some simple balance exercises. Start very gently and build up slowly.

## 3 Check the plan

Here's week 1 of a plan an AI might make for June. Find **two** things that don't suit her.

**EXAMPLE PLAN, WEEK 1**

Monday: brisk walk, 45 minutes. Tuesday: gardening, 20 minutes. Wednesday: 50 star jumps, then stand on one leg for 10 seconds, holding a chair. Thursday: rest. Friday: walk, 15 minutes.

## 4 Your own week

Plan a gentle week for yourself, or for June. Write an activity and how long for each day.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| | | | | | | |

**No device?** In pairs, one of you describes June to the other, who plans her week out loud. Then swap roles and check the plan together.

## 5 Stay safe

- Talk to your GP first if you have a heart or lung condition, high blood pressure, recent surgery, or a fall in the past year.
- Stop if you feel pain or dizziness, or are very out of breath. Call 999 (or your local emergency number) for chest pain.
- Start gently. A little, often, is better than a lot, once.

**Find out more:** read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/make-an-exercise-plan**

# Teacher notes: Make a gentle exercise plan

**Time:** 45 to 60 minutes

**Group:** any size; works well in pairs

**Level:** beginners; no AI experience needed

**You'll need:** a copy per learner; phones or tablets with an AI chat app (optional)

## Before the session

Try the prompt yourself. Some learners may have health conditions or limited mobility: keep it positive, and stress that chair-based activity and gardening count. June is made up.

## Running order

| | |
|---|---|
| **5 min** | **Warm-up.** Activities people enjoy. |
| **10 min** | **Part 1.** What counts, then read the guide together. |
| **15 min** | **Parts 2 and 3.** Try the prompt, then check June's week. |
| **15 min** | **Part 4.** Plan a week. |
| **5 min** | **Wrap-up.** The safety points in Part 5. |

## Answers: Part 1

**Gets me moving:** brisk walking, digging, dancing.
**Strength or balance:** digging, carrying shopping, standing on one leg (holding on to something steady).
**Neither:** sitting and watching TV.

## Answers: Part 3

1. A 45-minute brisk walk on day 1 is far too much: June can walk for about 15 minutes, and asked to start gently.
2. Star jumps are high-impact, and not suitable for a bad knee.
The balance exercise, holding a chair, is a good idea.

## Discussion points

- AI doesn't know your body. Give it the details, check the plan, and ask a GP or physiotherapist if you're unsure.
- Balance exercises can help prevent falls, which matters more as we get older.


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