

Physical Activity



Healthy Lifestyles

Physical Activity

MAKE A CHANGE

- No matter your age, being physically active can help you lead a healthier and even happier life
- People who exercise regularly are up to 50% less likely to be at risk of major chronic diseases such as coronary heart disease, stroke, diabetes, cancer.
- Starting moderate exercise from no exercise halves the risk of heart attack and stroke. Regular exercise helps to prevent high blood pressure and to reduce it if it is high.
- Physical activity improves self-esteem, helps individuals sleep better, lowers risk of stress, musculo-skeletal injuries and back pain and makes individuals feel happier, more engaged and more productive.

WHY IS IT IMPORTANT?

- Inactivity causes 1 in 6 deaths in the UK and costs the UK economy £7.4 billion.
- Inactivity costs the NHS £3000/minute in combating disease which could have been prevented by an increase in Physical Activity.

If you are new to physical activity, it's best to start slowly with light to moderate activity and build up gradually to the recommended level

- Walk to work, to the shops or just for fun
- Get off the bus one stop early or park further away and walk instead
- Take the stairs instead of the lift or escalator

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Aim to participate in two types of physical activity each week including aerobic and strength exercises.

This can include 150 minutes of moderate aerobic activity

e.g. hiking, pushing a lawn mower, cycling or fast walking every week **and** on two or more days a week work all major muscles (including back, legs, chest, hips, shoulders, abdomen and arms).

or 75 minutes of vigorous aerobic activity

e.g. Running, riding a bike, football, aerobics, a game of tennis each week **and** strength exercises on two or more days.

or A mixture of moderate and vigorous aerobic activity each week

e.g. two 30 minute runs **and** 30 minutes of fast walking **and** strength exercises on two or more days.

Do it YOUR way

Choose an activity you like that fits into your life

- Walk or cycle for everyday journeys
- Be active with friends or family
- Join a group or take up an active hobby
- Exercise in your lunch time



Activities like circuit training, aerobics, football, running, netball and hockey can be vigorous activities which count as aerobic activity and a muscle strengthening activity.

My increased physical activity planner

Decide how you will increase your physical activity over the next week and record your progress below

| | PLANNED ACTIVITY | MY AIM: (time/distance/steps) | I ACHIEVED: | LONG TERM GOALS |
|-------|------------------|----------------------------------|-------------|-----------------|
| MON | | | | |
| TUES | | | | |
| WEDS | | | | |
| THURS | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

For more information visit NHS choices www.nhs.uk and search physical activity

If you would like more information on the different ways you can adopt a healthier lifestyle, look out for our other leaflets:

- Healthy Eating/Healthy Weight
- Quitting Smoking
- Drinking Alcohol Sensibly
- Mental Wellbeing
- Sexual Health
- Dental Health

You can find copies of all our leaflets, along with more information on healthy lifestyles at:

www.herefordshire.gov.uk/health-improvement

If you need to get online, our county's libraries offer free computer and internet access at most sites.

For more local information about staying healthy visit:

www.wisherefordshire.org

09/2018

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Funded by the Department For Transport

