



How To Start Living And...

BECOME ACTIVE



Are you doing enough Physical Activity?

Government and fitness experts generally recommend we do 30 minutes of moderate physical activity (such as brisk walking) on at least five days a week which can be in one session or broken down into three 10 minute blocks throughout the day.

Currently only 37% of men and 25% of women are managing this.

Benefits of being Active	Type of Activity														
<p>Staying physically active helps you to feel more confident and involved in life; you are also likely to stay independent longer as you get older. Evidence shows the benefits of being active include:</p> <ul style="list-style-type: none"> ▪ A greater sense of well-being and a powerful tool to reducing stress ▪ Improves sleep quality ▪ Enhances energy levels ▪ Greatly reduces the risks of getting type 2 diabetes ▪ Reduces your risk of developing coronary heart disease ▪ Reduces high blood pressure ▪ Promotes bone density to protect against osteoporosis ▪ Reduces your overall risk of cancer ▪ Helps to maintain a healthy weight in combination with a balanced diet ▪ Reduces your risk of depression and can help to treat it 	<p>The signs that you're doing moderate intensity activity are:</p> <ul style="list-style-type: none"> ▪ an increase in your breathing rate ▪ an increase in your heart rate to a point where you can feel your pulse ▪ feeling warm <p>The best type of activity is one that makes you feel slightly warmer, breathe a bit heavier, and gets your heart and pulse pumping faster than usual. You should still be able to talk without panting in between your words.</p> <p>Below are some activity suggestions but there are plenty of others to choose from</p> <table border="1" data-bbox="798 1321 1492 1601"> <tbody> <tr> <td>▪ Housework</td> <td>▪ Bowls</td> </tr> <tr> <td>▪ Washing the car</td> <td>▪ Keep fit classes</td> </tr> <tr> <td>▪ Gardening</td> <td>▪ Swimming</td> </tr> <tr> <td>▪ Walking the dog</td> <td>▪ Golf</td> </tr> <tr> <td>▪ Cycling</td> <td>▪ Football</td> </tr> <tr> <td>▪ Dancing</td> <td>▪ Gym-based activity</td> </tr> <tr> <td>▪ Yoga/Pilates/T'ai Chi</td> <td>▪ Tennis/racquet sports</td> </tr> </tbody> </table>	▪ Housework	▪ Bowls	▪ Washing the car	▪ Keep fit classes	▪ Gardening	▪ Swimming	▪ Walking the dog	▪ Golf	▪ Cycling	▪ Football	▪ Dancing	▪ Gym-based activity	▪ Yoga/Pilates/T'ai Chi	▪ Tennis/racquet sports
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Getting Started

- If you are exercising for the first time, then start gently and build up gradually. If you are unsure about trying a particular activity, seek professional advice or talk to your GP first
- If you have a medical condition and are unsure about starting to exercise again, check with your GP first
- An easy way to start is with a short five-minute brisk walk, gradually increasing over the next few weeks to a full 30 minutes of activity. Use the [How to Become Active Diary](#) to help you
- Join a team, club or community centre where you could meet new friends and find activities that you can do as a family or with others, this can also help to keep you motivated