

Physical Activity



How much do I need to do?

Children up to 18 years old

at least 60 minutes of moderate or vigorous physical activity per day.

Adults

150 minutes of moderate activity OR 75 minutes of vigorous activity per week PLUS strengthening exercises at least two days per week.

Benefits of Physical Activity:

- Lowers blood pressure
- Increases 'good' cholesterol and reduces 'bad' cholesterol
- Helps control blood glucose levels
- Improves cardiovascular fitness
- Helps you maintain a healthy weight
- Strengthens muscles and joints
- Helps to manage stress levels
- Boosts your mood
- Improves sleep

Move more, sit less and do an activity that you enjoy doing!

For more information on physical activity, or tips on how to move more, visit www.nichs.org.uk