

Chest
Heart &
Stroke

Physical Activity

Being active is good for our physical health and it also makes you feel good. Making small changes in your everyday life all adds up to getting the balance right between the calories you eat and the energy you use up so try to 'Sit Less and Move More' throughout the day. Getting more exercise can help reduce your risk of chest, heart and stroke diseases.

Benefits of being active include:

- **Lowering blood pressure**
- **Increasing 'good' cholesterol and reducing 'bad' cholesterol**
- **Helps to control your blood glucose levels**
- **Better cardiovascular fitness**
- **Helps you maintain a healthy weight**
- **Strengthens muscles and joints**
- **Helps to manage stress levels**
- **Makes you feel good**
- **Helps you sleep better**

How much physical activity do I need to do?

Children and teenagers should aim for an average of at least 60 minutes of moderate or vigorous physical activity per day across the week.

Adults and older people are recommended to achieve 150 minutes of moderate physical activity per week or 75 minutes of vigorous activity per week. You can do it in 10-minute bursts throughout the day. To keep muscles, bones and joints strong, we should aim to complete strengthening exercises on at least two days a week.

	MODERATE ACTIVITY	VIGOROUS ACTIVITY	STRENGTH BUILDING ACTIVITY
How will I feel?	Increased breathing Feeling warmer Able to talk	Breathing fast Feeling warmer Sweating Unable to talk	Increased breathing Feeling warmer Able to talk
Examples	Brisk walking Cycling Swimming Pushing a lawnmower Dancing Water aerobics	Jog or run Play a sport Climbing stairs Skipping Martial arts Aerobics	Carry heavy bags Yoga and Pilates Gardening Hill walking Lifting weights Push-ups, sit-ups and squats

It is good to develop a physical activity routine throughout the week. Make sure the type and intensity of your activity is appropriate for your level of fitness.








Move more, sit less!

It is also important that we minimise the amount of time we are sitting or lying down. Break up periods of inactivity by moving around and stretching.

Mix it up!

It is good to change up your activities to make sure you are using all muscles and joints and to keep you interested! Find activities you enjoy, and you will be more likely to continue doing it. Put on your favourite music to keep you motivated and encourage a family member or a friend to join you.

There are many ways we can be a little more active every day:






- **Walk up the stairs – don't take the lift** 
- **Pace up and down while talking on the phone** 
- **Walk to the local shops or to leave the kids to school** 
- **Instead of dozing in front of the TV, get up and walk around the room when you feel sleepy** 
- **Have a quick walk during your lunch hour or after dinner in the evening** 
- **Get off the bus one or two stops early and walk from there** 
- **If you have a dog start to walk further or faster, or more regularly** 
- **If you have a car, wash it by hand instead of going to a carwash** 

Make a start today, it's never too late. Remember any activity is better than none.

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