

Top tips to increase physical activity

Benefits of being active daily

- Reduces risk of heart disease, type 2 diabetes, stroke, depression and anxiety.
- Helps to maintain weight and makes you feel more energetic.
- Improves self-esteem, muscle and bone strength.

Recommendations for adults

For good health:

- ♥ Aim to do at least 30 minutes of moderate intensity activity every day for at least 5 days a week. Two sessions should include muscle strengthening exercises.

For weight loss or weight loss maintenance:

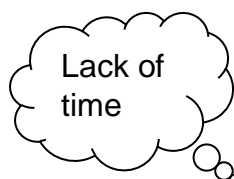
- ♥ Aim to do at **least** 60 minutes of moderate intensity activity every day. Two sessions should include muscle strengthening exercises.

Moderate intensity activity will cause your heart to beat faster; you will breathe faster and get warmer but still be able to hold a conversation.

Common barriers to increasing activity



Being active can be cost free, for example – join a local walking group.



Lack of time

Try to fit activity into your daily routine, for example – use the stairs more or try arm chair exercises while watching TV.

Simple ways to be more active

- Park further away from the shops or work
- Get off the bus a stop early
- Walk the longer route to work
- Do housework to music
- Walk up stairs rather than taking escalators
- Walk around while on the phone instead of sitting



Top tips for increasing physical activity

Get active with others – go for a walk with friends, take your children swimming.

Bite-sized chunks – it is just as beneficial to do either three 10 minute or two 15 minute sessions of moderate intensity activity throughout the day instead of 30 minutes at one time..

Keep moving – avoid sitting for long periods. Get up and move every 30 minutes

Make it fun – incorporate physical activity into your pastimes: try gardening, dancing, ice-skating or shopping.

Start slowly and build up – try increasing the duration, frequency or intensity of your activity each week. The walking plan below is a good starting point and can be done in your local park, street or neighbourhood.

Keep it local – join a local walking group - visit Walking for Health website at www.wfh.naturalengland.org.uk or phone **0300 060 2287** for local walks

Week	1 - 2	3 - 4	5 - 6	7 - 8
Outward walk	5 minutes	8 minutes	12 minutes	15 minutes
Returning walk	4 minutes	7 minutes	11 minutes	14 minutes
Frequency/week	5	5	5	5

Count your steps – using a pedometer, find out your baseline daily steps. Set yourself small targets to increase your average daily steps by 500-1000, aiming eventually for 70,000 steps per week

Mind and body – activities like Pilates, yoga or Thai Chi may help reduce stress and anxiety and improve flexibility, concentration levels and sleep patterns. Activity also releases 'feel good hormones' called endorphins.

Monitoring – you are more likely to succeed if you record your daily activity.



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.