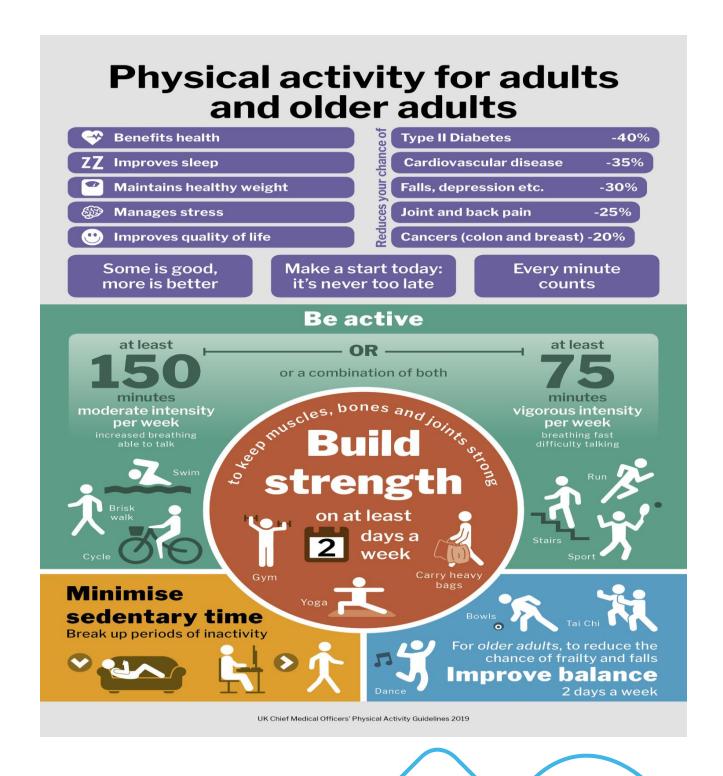


## Physical activity for adults and older adults



## Simple ways to be more active

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

## How to increase physical activity

- 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.
- Get active with others go for a walk with friends, take your children swimming.
- 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, or shopping.
- 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.

Contact details: Nutrition and Dietetic Services Tel: (01225) 824398 (RUH)

Tel: (01225) 833916 (St Martin's)

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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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