



Physical Activity



WHY MAKE THIS PLEDGE?

The UK Chief Medical Officers recommend that every week adults complete:

- 150 minutes of moderate intensity activity OR
- 75 minutes of vigorous activity (or a combination of moderate and vigorous activity)
- Strength based activities two days a week

It is also recommended that adults avoid sitting for long periods of time.

However, 1 in 2 women and 1 in 3 men are not active enough to have a positive effect on health.

So, if you're not meeting these guidelines then you may want to consider making a physical activity related pledge.

If you have any medical concerns or you are new to physical activity then please seek the advice of a medical professional, such as your GP, before participating.

ARE YOU MOVING ENOUGH?

Before considering a pledge it may be a good idea to analyse your activity levels to see whether you're meeting the guidelines. For example, if you're completing cardiovascular based physical activity daily, such as running, but not doing any strength based activity you might want to make a pledge to add strength based workouts to your routine.



If you're not currently physically active it's not too late to start! You may find the tips below helpful, or you can contact us for support. You've got this!



BENEFITS

Being sufficiently physically active has a wide range of health benefits such as:

- Improved bone density, which can reduce the risk of fractures
- Reduced risk of developing certain types of cancer such as breast and colon cancer
- Improved mental health. Physical activity can reduce depression and anxiety, and improve mood
- Reduced risk of developing type 2 diabetes
- Improved energy levels and stamina
- Improved levels of confidence and self esteem

TIPS



- If you're new to physical activity (PA), trying a new kind of activity or restarting after a break, then start small and build up. For example, start with 10 minutes a day for a week or two, then increase this to 20 minutes for a week or so and keep going until you're doing 30 minutes of moderate intensity PA every day. Don't forget strength based activities too, at least two times a week.
- Incorporate PA into your daily life, such as getting off the bus a stop earlier, walking instead of driving, taking up a active hobby such as cycling, doing active things as a family like swimming
- Take walking breaks at lunchtime, see our Ditch Your Desk campaign for some ideas
- Develop a routine for your PA and stick to it as much as possible
- If necessary, split up your PA each day in to smaller sessions, such as 3 x 10 minute sessions in order to make it more manageable
- If you can't get to classes or the gym, there are a lot of online classes and workouts you can complete in your own home. You don't need equipment to achieve a good workout
- Find an activity you love, try different sports, classes and exercises to find something that suites you
- Make use of resources such as YSJActive (Fitness Suite, classes, social media), One You, NHS Fitness Studio and NHS Apps such as Active 10 and Couch to 5k