

Physical activity

It's important to find realistic and enjoyable ways to **move more** - not just a weekly event, but as a way of life.

Aim for at least 150 minutes of moderate or 75 minutes of vigorous activity a week. It can cut your risk of coronary heart disease and stroke by up to 35%.



How much daily activity should I do?



15 mins of vigorous activity Your breathing should be fast and talking is difficult: running, uphill cycling, fitness class.	30 mins of moderate activity Your breathing should increase but having a conversation should still be possible: cycling, walking or swimming.
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or

do a combination of activity
Different activities of different intensity all add up, just keep moving. Break it down into 10 minutes chunks throughout the day if you need to.

+

2 days each week strength
This could include yoga, weight training or something as simple as carrying the shopping.

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Fact Whilst it's important to get your heart pumping, it's just as important to spend less time sitting.



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Move more Make every step count

Deskbound? If your job means sitting at a desk then make the push to keep your heart healthy. Take the stairs instead of the lift, replace seated meetings with corporate walks, or start something fun like an office squat challenge!



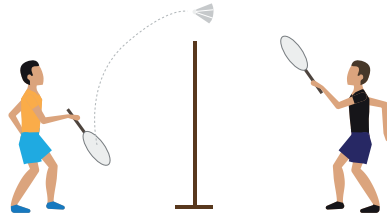
Stuck in the driving seat? Park a little further away and get some fresh air. You'll save fuel and your heart will be thankful for a break from the wheel.



Kids in tow? Practice some ball games in the garden, go swimming together or make the walk to school more fun by playing eye spy. Older kids might like 10-pin bowling, golf or trekking through the countryside. Keep moving and get active.



Getting creaky in the knees? Many adults feel they can't enjoy being active anymore because they're no longer any good at it, but walking versions of traditional sports like netball, football and rugby are increasingly popular. Why not check out what's on offer at your local leisure centre? It won't be long before you start feeling full of energy and part of a team.



Popping to the shops? Make the most of your local environment and have a mini workout. Walk to the local shops and use those muscles to carry the shopping bags. It all counts.



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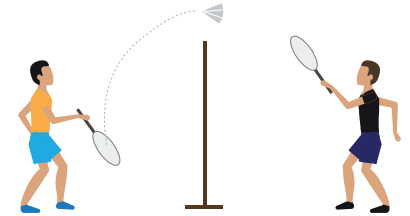
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