



PHYSICAL ACTIVITY

How much physical activity should I do?

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

We suggest following government advice on social distancing and exercising at home as/when required.

Adults should:

- Aim to be physically active every day. Any activity is better than none, and more is better still.
- Do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week (moderate; 30 minutes 5 times per week).
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

You can also achieve your weekly activity target with:

- Several short sessions of very vigorous intensity activity
- A mix of moderate, vigorous and very vigorous intensity activity.

For more information:

<https://www.nhs.uk/live-well/exercise/>



Why does being active matter?

Being active is great for your physical health & fitness, and evidence shows it can also improve your mental wellbeing.

How can physical activity help my mental & physical health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- Better sleep – by making you feel more tired at the end of the day.
- Happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy.
- Managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.

According to the NHS It is medically proven that people who do regular physical activity have:

- Up to a 35% lower risk of coronary heart disease and stroke.
- Up to a 50% lower risk of type 2 diabetes.
- Up to a 50% lower risk of colon cancer.
- Up to a 20% lower risk of breast cancer.
- Up to an 83% lower risk of osteoarthritis.
- Up to a 30% lower risk of depression.
- Up to a 30% lower risk of dementia
- A 30% lower risk of early death.

