



PHYSICAL ACTIVITY

Physical activity plays an important role in keeping our bodies healthy. It is recommended that adults should be taking part in 30 minutes of moderate intensity exercise 5 times a week. Children and young people should be taking part in 60 minutes of moderate intensity activity everyday!

WHAT IS MODERATE INTENSITY ACTIVITY?

You will notice:

- Increased breathing rate.
- Increased heart rate.
- A rise in your body temperature, possibly accompanied by sweating.

Examples of moderate intensity activities include: walking (at a pace where you would notice the above effects), dancing, swimming and riding a bike.

HEALTH BENEFITS

Physical activity is not only important for a healthy body but also a healthy mind! The benefits of regular physical activity include:

- Keeping your heart healthy.
- Reducing the risk of certain cancers, including breast and colon cancer.
- Maintaining healthy joints and muscles.
- Helping to maintain a healthy weight.
- Coping with stress and reducing anxiety.

TOP TIPS

Achieving your 30 minutes a day can be very easy and does not need to be completed all in one go! Three 10 minute blocks a day is all it takes! Try the following tips to increase your physical activity levels everyday:

- Go for a 10 minute walk in your lunch break. Ask your colleagues/friends to join you!
- Take the stairs instead of the lift.

- When in a car park, park your car at the furthest point, so you have to walk further to your destination.
- Ditch the car for shorter journeys and use a bike instead.
- If you take the bus get off one stop earlier and walk the rest of the way!
- Plan your social time around activities such as playing football, walking in the park or playing frisbee on the beach.
- Make an activity a new hobby - why not try ice skating, dancing or rock climbing?

Remember to compliment physical activity by eating a healthy, balanced diet which contains plenty of fruit and vegetables; starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods. Eating a varied balanced diet will provide all the nutrients that your body needs.

EAT

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