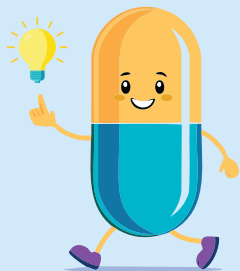


Remember, you can do it!

Becoming more physically active is easier than you think. Just begin by putting a little extra effort into the things you do daily and soon there will be no stopping you.



Try a number of activities, then choose the one you like best. The secret to success is doing something you enjoy, then you're more likely to keep doing it regularly.

Take it one day at a time, setting yourself realistic, achievable goals.

You could keep track of your progress by using the health app on your phone to track your steps or other activities. After a few weeks you'll look back and see how far you have come. You will also find you really enjoy having physical activity as part of your daily routine.

For tips and support on how to move more than before go to:
www.choosetolivebetter.com/getting-active



Speak to your GP if you haven't been active for a long time or have a health condition that might impact your ability to exercise.



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

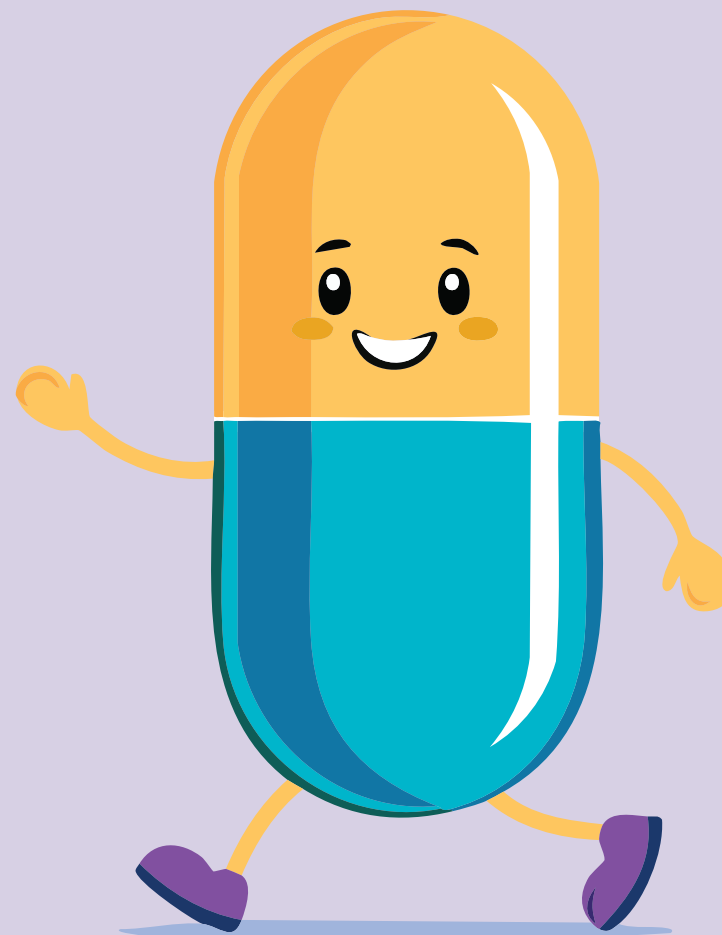


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07/25

Moving is the best medicine



Moving is the best medicine

"If physical activity was a drug, it would be called a miracle cure due to the many illnesses it can help prevent and treat."¹

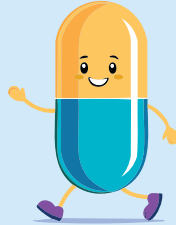
Being physically active can:

- boost your mood;
- increase self-confidence;
- improve energy levels;
- improve sleep;

- ease back and joint pain;
- lower stress.

Physical activity can also help reduce your risk of:

- heart disease;
- stroke;
- high blood pressure;
- high cholesterol;
- type 2 diabetes;
- certain cancers.



Move more than before

Any amount of movement is better than doing none at all. Whether you are physically active or not, research shows increasing the amount you do can benefit your health.

Getting started

It might be a little difficult to get motivated, especially if you haven't been active for some time. The good news is, there are lots of ways to be more active and you don't have to join a gym to take part.

Start small by finding easy ways to fit more activity into your daily routine. For instance:

- stand on the train or bus rather than sitting;
- take the stairs instead of the lift or walk up escalators;
- set a reminder to get up every 30 minutes and move;
- walk around when speaking on the phone;
- park a little further away and walk to your destination;
- try swapping TV time for more active tasks or hobbies.

Moving more matters

Every bit of extra activity you do matters. Regular activity that gets the heart pumping a little harder can make us all look and feel better. It doesn't have to involve an intense work out. There are lots of activities to try out, or you could go back to something you haven't done for a while, such as, cycling, Pilates,

swimming or aqua aerobics, tennis, exercising at home to an online class or brisk walking.

Lots of people enjoy doing an activity as part of a pair or a bigger group, so why not ask a friend or family member to go walking or another activity and get active together? Doing an activity with others is also a great way to stay motivated.



How much is enough?

Any amount of activity is better than none, so do what you can and work towards your own achievable targets, which you could try to build up over time.

every minute and movement count – even routine activities like hoovering, carrying shopping bags, cleaning or gardening. It all adds up so you reach that weekly target.

It's recommended that adults do 150 minutes of moderate-intensity activity a week (20 minutes or so a day). You can do this by making



1. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf