

Be Active! 10 Top Tips continued.

8. **Do more activity in your leisure time**—you can try an organised activity, be active around the house or take a walk in the park.
9. **Make activity part of your social life**—organise to meet friends or colleagues and walk to places of interest, walk or cycle to a lunch spot, or choose an activity to do that you both enjoy.
10. **Try letting something go!** Are there any low priority in-activities you can stop doing to make time for your health?



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PHYSICAL ACTIVITY

Why is Physical Activity Good for my Health?

If you do some physical activity regularly you are less likely to develop diseases such as heart disease; stroke; obesity and some cancers. Also it is shown that regular physical activity reduces stress and helps to ease depression and anxiety.

What sort of activity and how much?

Any exercise that makes your heart rate increase, gets you mildly out of breath and gets you warm is good for you. Examples—brisk walking; jogging; swimming; cycling; dancing. Normal daily activities can help such as heavy housework or gardening. Consider leaving the car at home and walking **briskly** to the shops or to work. Or get off the bus one stop early and walk the rest of the way; take the stairs rather than the lift. The activity does not have to be intense but does need to be regular. The minimum proven to improve your health is 30 minutes a day, at least 5 days a week. It does not have to be done all at once, for instance walking 15 minutes to work and back again adds up to the 30 minutes needed. If you are aiming to lose weight then 40 to 60 minutes daily is better.

Other points to consider

It is never too late to start doing some physical activity. No matter how young or old you are or how unfit you feel, there will be something that you can do to improve your health. A common “old wives tale” is that exercise is bad for you if you have a heart problem or high blood pressure—this is nonsense and in fact to the contrary, physical activity is positively beneficial to those people.

If you have an underlying medical condition, speak to your doctor or nurse before increasing your physical activity.

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Kick start your healthy lifestyle!

Getting started is easier than you think. Changing a few of your daily habits can soon add up to a more active lifestyle. Be active as often as possible—remember that every little counts!

Don't put off being active until tomorrow. Start today!

1. **Move more often**—recognize the activity that you are already doing. Congratulate yourself and build on this.
2. **Walk more each day**—at lunchtime, to speak to colleagues, organise a walking meeting, or work out a convenient time each day and make it a habit!
3. **Climb more stairs**—look for every opportunity to use the stairs instead of the lift or escalator, or walk up the escalator.
4. **Plan activity into your day**—if you are a morning person, why not get up that bit earlier and fit some activity in before work: Be active as often as possible even if it is only for 5 minutes.
5. **Active travel**—walk or cycle part of the way to work, get off the bus a stop earlier or park your car further away.
6. **Avoid sitting for long periods**—break up sitting periods every 30 minutes, eg at your desk or work station, during meetings and whilst driving.
7. **Make an active date**—arrange to meet with friends or colleagues on a regular basis to be active together. Before, during or after work. Keeping each other company will keep you both motivated.