

**Fact 1.**

The national recommendations for physical activity are: 30 minutes' moderate intensity activity a day, on at least 5 days a week.

**Fact 2.**

30 minutes of moderate intensity activity a day...

- Uses about 200 kilocalories a day – and helps manage a healthy weight
- Strengthens bones and muscles – and prevents osteoporosis and falls
- Strengthens the heart and circulation – and protects against heart disease and stroke
- Improves body functions and diseases – such as type 2 diabetes, coronary heart disease, and helps prevent some types of cancer
- Triggers 'happy' hormones – and makes you feel good and relaxed

**Fact 3.**

Moderate intensity activities are those which require sustained, rhythmic muscular movements at least the equivalent of brisk walking, and leaves a person feeling warm and slightly out of breath (55 – 80% Maximum Heart Rate).

**Fact 4.**

Ideally this should be one continuous session, but could initially be divided into 3 x 10 minutes or, 2 x 15 minutes.

**Fact 5.**

Activity that makes you warm and breath faster than normal, can reduce your risk of heart disease, type 2 diabetes and stroke. It is essential for good health and will make a difference to the quality of your life.

**Fact 6.**

Regular physical activity can help you to experience:

- Better health
- More energy
- Reduced stress
- Stronger bones and muscles
- Better balance, strength, suppleness and mobility
- More independence in later life
- Improved sleep
- Better maintenance of a healthy weight
- More social opportunities
- A sense of achievement
- Increased enjoyment

**Fact 7.**

Being physically active is not about lifting huge weights or running a marathon, it's about living an **active lifestyle** – every day.

**Fact 8.**

There are 1,440 minutes in each day. Find 30 minutes of them to do a little activity. 30 minutes walking is only two per cent of your day.

**Fact 9.**

Try a variety of activities and choose ones that are good fun and social. Options like dancing, walking groups or sports clubs are great ways to meet new people, be active, and have fun.

- Find activities that you enjoy. Be active everyday, keep active, and try new activities

**Fact 10.**

Regular physical activity utilising large muscle groups, such as walking, running or swimming, produces cardiovascular improvements that increase exercise capacity and endurance.

**Fact 11.**

Walking is great, and is one of the easiest ways to exercise. Brisk walking that gets the arms swinging and the heart pumping is a great total body workout.

**Fact 12.**

Walking a mile (briskly) burns up exactly the same calories as running a mile or swimming 15 lengths.

**Fact 13.**

If you have a health problem or any worries about starting a new activity, check with your GP – **Active Lifestyles** has a variety of programmes designed especially for individuals with medical conditions so you won't be on your own.

**Fact 14.**

5 key risk factors for coronary heart disease:

- High cholesterol
- High blood pressure
- Obesity
- Diabetes
- Physical inactivity

**Remember, physical activity can confer significant improvements in all of these risk factors!!!**