

# Being active prevents disease and keeps you healthy

What good things could being more active do for you?



Improve general wellbeing



Manage stress



Improves mood

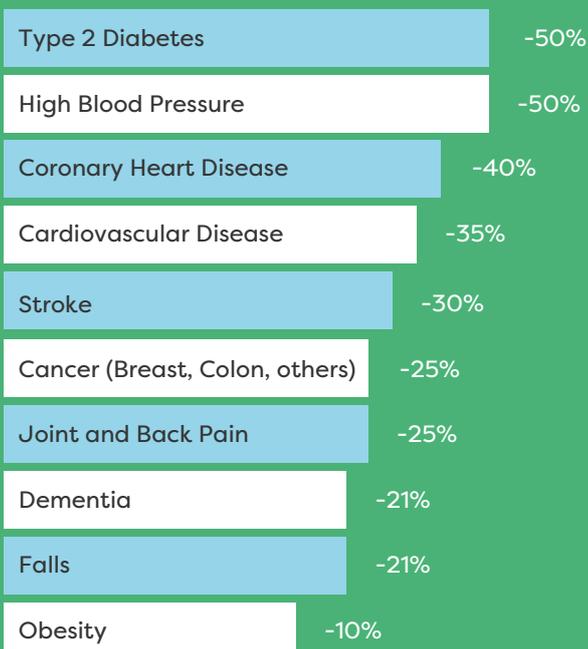


Maintain healthy weight



Live longer and better

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my Stress?



Healthy outlet for nervous energy, distraction from negative thoughts and feelings



Reduction of fear, symptoms and catastrophisation. Increased sense of calm, better overall wellbeing

Less stress and anxiety

Better sleep, better relationships, socialise more

Increased physical activity

## Follow these Top Tips to keep you active:

- 1** If physical activity is new to you, start slowly and build up gradually over 3-6 months
- 2** Build activity into your daily routine – anything you can do to increase your movement will be beneficial. An example might be taking the stairs rather than the lift.
- 3** Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new activity. Over time, as your body adapts, this will reduce.
- 4** Break up your sitting time – either at home or work. Standing up and taking a break from the screen will give you more energy, improve your concentration and help you be more physically active.
- 5** Find out what is available in your local area – your local council will have a list of activities and groups you could try. If you have a local community care coordinator (who often works closely with your GP surgery) they will have lots of information about what is available.
- 6** Choose an activity you enjoy – you are much more likely to stick with it. This may mean trying a variety of activities before you choose one to do regularly.
- 7** Tell your friends & family how you are trying to be more physically active. They may provide important moral support (as changing your habits is not easy) and may also be able to help you make time by helping out with things like childcare.
- 8** Consider undertaking physical activity with a friend, or joining a group – this might be more enjoyable, and you can motivate each other. You might also find that this helps you to feel safer, for example if you are walking/exercising outside.
- 9** Use the Moving Medicine workbook to help you make a plan. Pedometers and smartphones can be great for monitoring your steps and consider setting some personal targets such as joining a local parkrun.
- 10** Be realistic – some days will feel easier than others, and this is normal. Aim to build more movement and less sitting time into your normal life.

## Build activity into everyday life:

