



Factsheet

Top Tips - Physical Activity - what Counts?

How much Physical Activity should we do?

- ❖ Any increase in activity will benefit your health.
- ❖ All adults should aim to build up to at least **30 minutes of moderate physical activity on 5 or more days of the week.**
- ❖ It is recommended that young people do 1 hour of moderate physical activity on most days.

What is Physical Activity?

- ❖ Any form of exercise or movement.
- ❖ Physical activity may include planned activity such as walking, running, basketball, or other sports.
- ❖ Physical activity may also include other daily activities such as household chores, yard work, walking the dog, etc.

What is 'Moderate Physical Activity'?

Moderate physical activity means that you get warm, mildly out of breath, and mildly sweaty. It does not have to be intense.

Examples of Moderate Physical Activities - just one of these ideas will get you started....

- brisk walking
- DIY
- Cycling
- Aerobics
- Carrying shopping
- Dancing
- Heavy Housework
- Digging in the Garden
- Tennis/Sports
- Swimming

What counts?

Does it only count if I do my 30 mins of activity in one go?

You do not have to do this all at once. For example, cycling to work and back 15 minutes each way adds up to 30 minutes.

Can I store up my minutes over a few days?

You cannot 'store up' the benefits of physical activity. You need to do it regularly.

The benefits of doing regular physical activity include a reduced risk of: heart disease, stroke, bowel cancer, breast cancer, osteoporosis, and obesity.

Regular physical activity helps you to control your weight. It can also help to relieve stress, anxiety, and depression.