



## Physical activity

Physical activity is needed for good health and wellbeing.

### What is physical activity?

Physical activity is doing anything active that you enjoy. For example, it could be going for a walk or doing some gardening at home. If you enjoy being active with family and friends, you are more likely to keep it up.



## Increasing your physical activity

Begin physical activity slowly and gradually increase your level. Do not overdo it. Aim to do 30 minutes of physical activity everyday; you can break this into 3 x 10 minute blocks.

Wear comfortable clothing and drink plenty of water before, during and after physical activity.

Finding 30 minutes for physical activity everyday will help you to:

- lower your blood pressure levels
- lower your cholesterol levels
- lower your glucose (sugar) levels
- maintain your weight
- reduce your stress levels
- increase your mood and help you to concentrate more
- improve your posture, make you look and feel good
- improve your energy levels
- strengthen muscles and bones.

See your doctor before you start being physically active, if you:

- have not been physically active for some time
- are over 35 years of age
- have some form of illness.

