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.