



# Move More

- Being physically active can help reduce your risk of cancer, heart disease, type 2 diabetes, obesity, osteoporosis, cognitive decline and depression
- Be moderately active, equivalent to brisk walking, for 30 minutes every day
- As fitness improves, aim for 60 minutes or more of moderate, or for 30 minutes of more vigorous, physical activity every day
- Limit sedentary habits where possible, such as sitting down to watch television in the evening

## Top tips for being more active:

- Keep it fun! Choose activities that you like and look for ways to keep it interesting
- Get off the train or bus a stop early, or park your car further away from your destination, and walk the rest of the way
- Cycle to and from work, shops and friends' houses
- Take the stairs instead of the lift, and walk up and down escalators instead of standing
- Go for a 30-minute walk, run or cycle every day, or two 15-minute sessions each morning and evening
- Break up long periods of sitting down with a few stretches

## Reaching your physical activity goals

### Cycling (leisurely)



### Climbing stairs



### Dancing (disco)



### Vacuuming



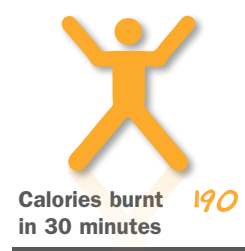
### Jogging (5 mph)



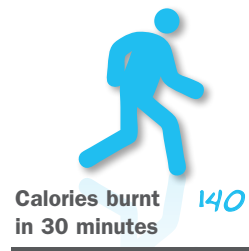
### Swimming (leisurely)



### Aerobics (low impact)



### Walking (3.5mph)



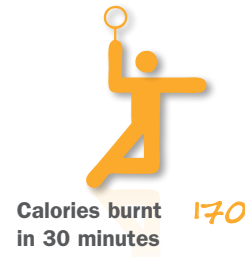
### Running (7 mph)



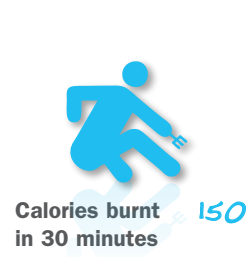
### Tennis playing



### Badminton



### Gardening (general)



This shows the approximate calories burnt by a 75kg or 11st 11lb person of average build. 75kg is the average weight of a UK adult.

Use this activity diary to note down all the activity that you've incorporated into your week.

	Morning	Mins	Lunch	Mins	Afternoon	Mins	Evening	Mins	Total
Fri	Got off the bus one stop earlier and walked the rest	20	Lunchtime brisk walk	10	Walked up and down the stairs three times	5	Swimming	30	65
Mon									
Tues									
Weds									
Thurs									
Fri									
Sat									
Sun									

How can I incorporate more physical activity into my week? 1. \_\_\_\_\_

e.g. On Wednesday I could do a 10 minute walk at lunch. 2. \_\_\_\_\_

3. \_\_\_\_\_