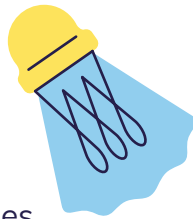


THE FACTS ABOUT BEING PHYSICALLY ACTIVE



WHAT COUNTS?

Any activity where you are moving your body. You could be walking or cycling, doing household chores, working, or playing sports and games.



WHY IS BEING ACTIVE GOOD FOR YOU?

At any age, keeping active is good for your body and mind. It can help increase your fitness and strength, reduce anxiety and depression, help you sleep better, boost your energy, and make you feel good!

It also helps lower your risk of many diseases. We have strong evidence that being active reduces the risk of:

- Colon cancer
- Breast cancer
- Womb (endometrial) cancer

There is also strong evidence that physical activity, including walking, can help you be a healthy weight.



HOW MUCH SHOULD I DO?

All adults should aim to do:

- At least 150 minutes (2½ hours) of moderate-intensity activity a week. For example, brisk walking, cycling or dancing.
- Or at least 75 minutes (1¼ hours) of vigorous-intensity activity a week. For example, jogging, fast swimming or aerobics.
- Or you can do a combination of moderate and vigorous-intensity activity.
- Those over 65 should also do balance and flexibility activities twice a week. For example, yoga, tai chi or stretching exercises.
- Muscle-strengthening activities at least twice a week. Do activities that make your muscles work harder than usual, like carrying heavy shopping, bodyweight exercises like squats and press-ups, or using weights.
- Everyone should limit the time they spend sitting or lying down.



Moderate-intensity activity will make your heart rate and breathing rate increase, but you are still able to talk.

Vigorous-intensity activity will greatly increase your heart rate and breathing rate, and you'll have difficulty talking.

The key thing to remember is that every minute of activity counts – and the more you do, the more you will benefit.



HOW CAN I GET MORE ACTIVE?

- Start slowly and gradually build up how much you do and how hard you push yourself.
- Keep it fun – choose activities you enjoy and that fit your lifestyle.
- Set goals and make a plan for when and how you'll get active.
- Give yourself a reminder – leave your sportswear or walking shoes somewhere you'll see them.
- Boost your everyday activity – try using the stairs more often or do a bit more of what you already do, like walking for longer, or slightly faster.
- Try walking or cycling to work or to the shops. Or why not get off the bus one stop earlier?
- Get active at home – walk up and down the stairs or use the bottom stair to step up and down. If you don't have stairs, try marching on the spot for 60 seconds.
- Get active at work – if you are on the phone, try walking and talking, or you could have a standing meeting. If you have a desk job, get up to speak to your work colleagues rather than emailing.
- Sit less – try to break up periods of sitting with some stretches, squats, standing up and sitting down 5–10 times, or dancing to your favourite song. Set a reminder to move every 30–60 minutes.
- Find sources of motivation and support to keep you going. For example, you could ask a friend or family member to join you in your activity.



For more practical tips and advice on getting more active, explore our guide, **Living an Active Life: wcrf-uk.org/activelife**

Disclaimer: if you have been inactive for a while or have any health conditions, it is a good idea to speak to your doctor before you start.



Preventing cancer. Saving lives

For any enquiries or to request the information in large print, please contact us:

World Cancer Research Fund, 140 Pentonville Road, London N1 9FW

Call 020 7343 4200 Email resources@wcrf.org

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