

STEP RIGHT UP!



Whether or not you are one of the 900+ people taking part in this year's Pedometer Challenge, with the warmer weather, **May is a great month to build a little more exercise into your daily routine.**

Sedentary Lifestyles – The Risks:

People tend to be less active nowadays, partly because technology has made our lives easier...we drive cars or take public transport, machines wash our clothes, we entertain ourselves in front of a TV or a computer screen and fewer people are doing manual work.

Research suggests that many adults spend more than seven hours a day sitting down, at work, on transport or in their leisure time. **Inactivity is described by the Department of Health as a “silent killer”.** Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for our health.

Not only should we try to raise our activity levels, but we should also reduce the amount of time we spend sitting down.

Benefits of Exercise:

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life.

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression and dementia.

What counts?

To stay healthy, adults should **try to be active daily and aim to achieve at least 150 minutes of physical activity over a week** through a variety of activities.

For many people, the easiest way to get moving is to make activity part of everyday life, like walking or cycling instead of using the car. The more you do, the better, and taking part in activities such as sports and exercise will make you even healthier.

For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity.

If your activity requires you to work even harder, it is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity, but be careful not to over exert yourself and consult your GP if you have any pre existing conditions.

Why not try and build a little more exercise into your daily routine?... You could plan some weekend walks or other exercise activities with the family, such as cycling, or perhaps set up walking groups with colleagues at lunchtimes or after work. Remember to Look After Yourself and Each Other!



HEALTHY HEART



WATCH YOUR HEALTH