

Getting fit and keeping fit help sheet

There are many benefits associated with regular exercise.

- reduce the level of stress
- maintain good circulation and lower blood pressure
- Improve the mood, self-image and appearance
- Help to achieve the ideal weight
- Strengthen bones and muscles
- Improve sleep

How much exercise per week?

The advice is that you should aim for a minimum of 30 minutes exercise per day for 5 days a week. You should start slowly and build the level of intensity. It does not have to be one session – you can do 3x10 minutes per day.

The best forms of exercise combine stamina, suppleness and strength. Swimming, cycling and walking are all good examples of all-round types of exercise.

Always seek medical advice if you have an underlying health condition.

For further information and support:-

The "Live well" section gives details on levels of fitness and examples of 10 minute workouts along with healthy eating tips

www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx

Change 4 life covers all aspects of a healthy lifestyle including exercise, healthy eating and drinking.

www.nhs.uk/change4life

Investing in good health at work