

5 Tips on Staying Active



1. Take short active breaks during the day

Dancing, playing with children, housework and gardening count too! 150 minutes of moderate intensity, or 75 minutes of vigorous intensity, physical activity is recommended per week.



2. Walk

Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down.



3. Stand up wherever possible

Aim to interrupt sitting every 30 minutes. Set up a standing desk by using a high table or stacking a pile of books or other materials to do cognitively stimulating activities, such as reading, board games, and puzzles.



4. Relax

Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time. Take time to focus on activities you enjoy. Meditation and deep breaths can help you remain calm.



5. Follow an online exercise class

Take advantage of the many free online exercise classes available. Find one suitable for you in the links below:

<https://www.nhs.uk/live-well/exercise/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/>

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos>



(Continued overleaf...)

Staying Active: Activity Levels

(Continued from overleaf...)

All adults should aim to be physically active every day. Break up long periods of not moving with some activity. Any activity is better than none. The more you do the better. Even if it's just light activity.

Light activity is moving rather than sitting or lying down.



If you are used to exercise, it is recommended that you do:



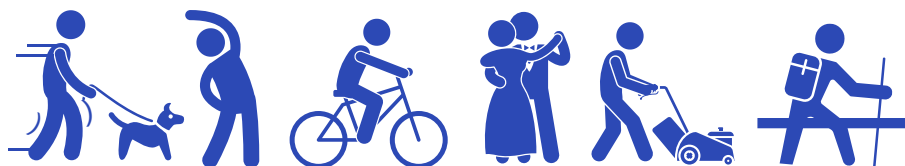
150 mins per week
moderate activity

OR



75 mins per week
vigorous activity

Moderate activity raises your heart rate, makes you breathe faster and feel warmer. If you're working at a moderate intensity level you can still talk, but not sing.



Vigorous activity: you will not be able to say more than a few words without pausing for breath.



Do activities that improve **strength, balance and flexibility** at least 2 days per week:



Make sure the type and intensity of activity you choose is appropriate for your level of fitness. Speak to your GP if you have any concerns about exercising.