Be Active, Stay Active, Live Healthier
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The Department of Health recommends we should be active for 150 minutes a week, or for at least 10 minutes at a time. This booklet offers some tips for small changes that you can make to be more active, more often.

Did you know?
Being regularly active can help to:
• maintain a healthy body weight
• feel more energised
• improve sleep
• make new friends
• improve mood

Regular physical activity can also help to prevent or be helpful in treating and managing:
• high blood pressure
• heart disease
• cancer
• diabetes
• obesity

Use it or lose it...
Your body responds extremely quickly to physical activity and you will often see results fast, such as an increase in muscle strength and aerobic capacity.

This could mean you find it easier to climb stairs or get less breathless when walking or running. Physical activity can also help to reduce stress levels.

If you don’t maintain your levels of physical activity however, your body will quickly lose the benefits so once you start being active, try to keep it up.

The importance of balance and flexibility
Physical activity doesn’t always involve getting hot and sweaty. Improving your balance and flexibility through activities such as yoga and pilates is also important to your health and wellbeing. Increasing your flexibility and improving balance will protect you from injury.

The power of friendships
Being physically active with friends or in a group is a lot more fun and also means you are more likely to regularly do it.

You could try to arrange with a friend to go for a regular walk where you could catch up in person rather than speaking with them on the phone.

There are some activities that count as physical activity that you might not think do, including:
• walking to work, school, the shops, friends’ houses
• gardening
• dancing
• playing games as a family
Ways you can be more physically active
You should aim to be physically active for 30 minutes each day. You can break this down into smaller 10-minute periods if you prefer.

1. Try to walk where possible or use public transport and walk a small part of your journey.

2. Take the stairs wherever possible or build your fitness up by taking the lift for one level and moving towards avoiding the lift altogether.

3. Take regular breaks from sitting by going out for a short walk. This will contribute to your physical activity for the day and also help you be more productive in your work.

4. Find out about different forms of physical activity that you can do, whatever the weather. Remember, it doesn’t have to be a gym session, exercise class, run or walk, you can do very simple workouts at home.

5. Keep a record of how you feel when you are doing physical activity. For example how breathless you feel, how warm you are, how fast you can walk or how strong you feel. By keeping a record, you will know how much you have improved and this will hopefully inspire you to keep going.

6. Find activities in your local area by visiting www.lrsport.org/getactive

Top tips for healthy habits
Adding regular but small portions of physical activity into your everyday routine is a great way to keep active.

Start developing your new habit by:
• choosing your favourite activity
• building the activity into your daily routine to help develop a consistent habit
• telling your family and friends that you’re developing a new routine so they know what you’re doing – you never know, they may want to be more active with you!