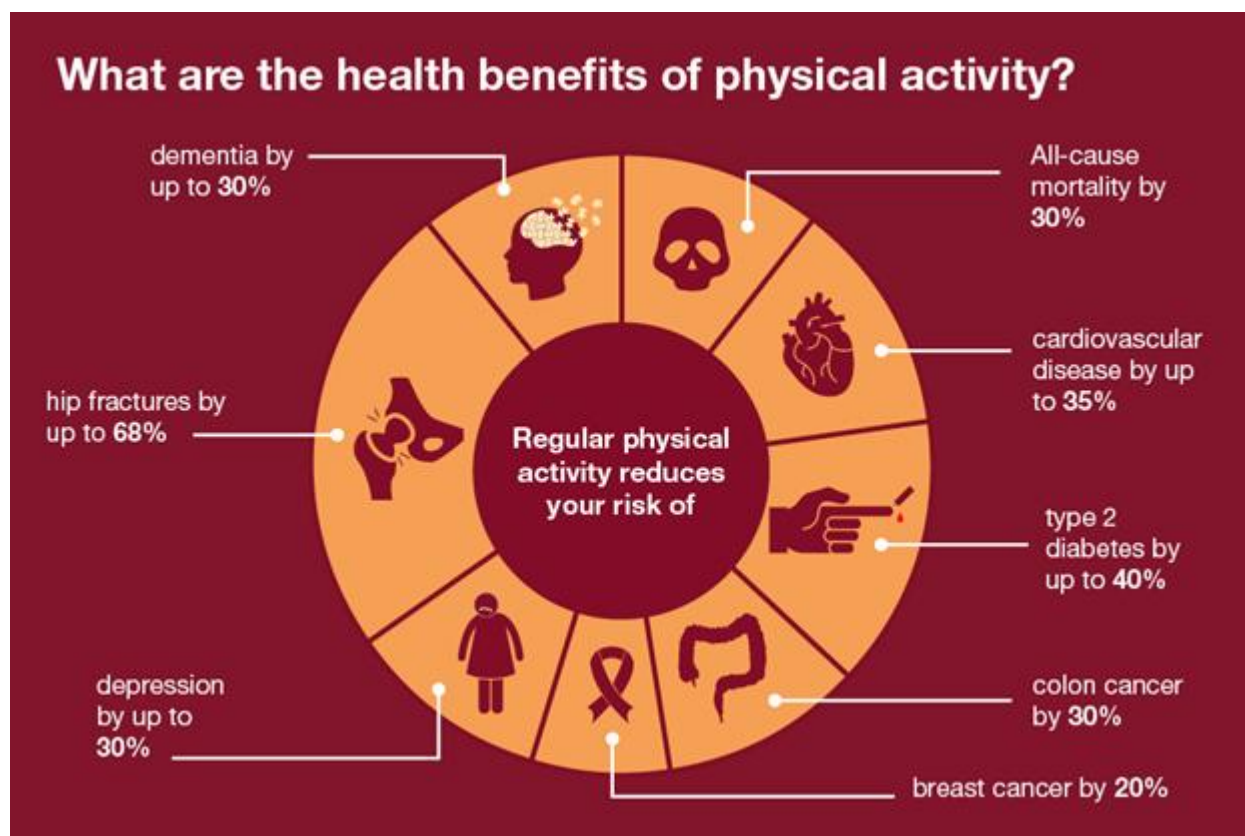


## Physical activity

Keeping active isn't just about weight loss and body image, it provides significant **physical and mental health benefits**. Take a look at the picture below for more information on the advantages.



Physical activity: applying All Our Health- Office for Health Improvement and Disparities

### Where to start?

See the attached leaflet for your guide to physical activity in Shrewsbury; a list of a wide range of groups, clubs and sporting facilities available in the local area.

Remember, **any movement counts** and can be incorporated into your everyday life. For example, taking the stairs instead of the lift, parking further away from the shops, cycling to work or stretching exercises whilst waiting for the kettle to boil. Aim for 10 minutes per day and increase by 10% each month to gradually improve your exercise tolerance.

### What should we be aiming for?

- >150 mins per week moderate aerobic activity or >75 mins/week vigorous aerobic activity, or combination
- Muscle strength- maintaining or building exercise >2 days per week
- Balance and flexibility training 2x per week (especially important in older adults)

Moderate aerobic activity	Vigorous aerobic activity	Strengthening activities	Balance and flexibility
Brisk walk	Running	Yoga/Pilates	Yoga/Pilates
Riding a bike	Swimming	Weights	Heel toe walk
Dancing	Aerobics	Heavy gardening e.g. digging	Standing on one leg
Pushing a lawnmower	Sports like football, hockey, netball	Carrying heavy loads e.g. shopping bags, children	Walking upstairs