

# Are you doing enough exercise?

## Make activity part of your daily life.

Lack of exercise and unhealthy living has been linked to greater risk of life threatening illnesses such as cancer, heart disease and stroke. Active people are up to 50% less likely to be at risk of these major chronic diseases. It is also a great way to relieve stress.

The recommended amount of exercise is 30 minutes at least 5 times a week for adults and 1 hour every day for children. Regular physical activity is as important as eating 5 portions of fruit and vegetables a day and you can't keep putting it off!

We need to make activity a normal part of our daily lives, so here are some ideas to get you started:

- Go for a walk.
- If you're already doing lots of walking, try increasing the pace (or perhaps try jogging).
- Get on your bike! Cycling in your daily life is an easy way to keep fit and healthy.
- Join a dance or fitness class.
- Take the stairs & give the lift a miss.
- Go for a swim . it.s great exercise for all ages and is the third most popular type of exercise after walking and running.

Remember, exercise doesn't need to be expensive, boring or time-consuming. Just going outside at lunchtime for a half-hour walk every day will greatly increase your fitness levels!



Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care First. Services include telephone counselling, information services.

**Call Care First on 0800 174319** and you can speak to a professional counsellor in confidence.

Care first

employee assistance solutions