



Care first

The Benefits of Physical Activity

What you can do...

Physical activity has many benefits, both for your heart and for your general wellbeing.

It helps to:

- Lower your blood pressure
- Improve your cholesterol levels
- Control your weight and body shape
- Reduce the risk of diabetes or help control diabetes
- Relieve stress and anxiety and help you look and feel good
- Prevent blood clotting
- Improve muscle and bone strength
- Reduce the risk of certain types of cancer

It's estimated that around 30 per cent of adults and 80 per cent of 13 to 15 year olds worldwide are failing to do the recommended amounts of physical activity.

What you can do:

Whatever your age, size or physical condition you will benefit from being more active. The people who will benefit the most are inactive people who start to take moderate physical activity.

The best activity for your heart health is moderate intensity rhythmic (aerobic) activity – for example, brisk walking, cycling or swimming. Moderate intensity activities will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation. Brisk walking is a good example that gives your heart the workout it needs to stay healthy.

Aim to build up to a total of 150 minutes of moderate intensity activity each week.

To keep your heart, lungs, muscles and bones in good working order, you should be active every day.

Remember every 10 minutes counts!

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