## Get active with friends, family or colleagues



Why don't you make physical activity a social event and join an exercise club with friends?



Exercise can give you more energy.

Physical activity can help with weight loss.

Exercise can reduce your stress levels.



Doing physical activity could improve your social life.

Exercise can increase your self confidence

The benefits of physical activity are numerous







National Institute for Health Research



## Physical Activity



Any increase in physical activity should be gradual and exercise should be within the limits of your personal comfort.

If you feel unwell, experience severe breathlessness, chest pain, faintness or dizziness during or after exercise you should stop exercising and see your GP, who will be able to discuss any concerns you may have about carrying out physical activity.

for Weight Loss

Helpmedoit! Healthy eating and lifestyle leaflet V1.0 20/10/15

Evidence suggests that staying physically active can help you lose weight. So why is activity so important for weight loss? We need to consider

## **ENERGY BALANCE**

To LOSE WEIGHT we need to make sure that...





the energy going OUT is MORE THAN the energy coming IN

(Through physical activity and other essential bodily functions)

(from food and drink)

To MAINTAIN weight we have lost, we need to make sure that...





the energy going **OUT** 

**EQUALS** 

the energy coming IN

Being active is an effective way to make sure the energy we put into our body (food and drink) does not outweigh the energy that our body uses.

Experts recommend the average adult should do at least 30 minutes of moderate physical activity per day.

Aim to move enough so you are breathing faster and feeling warmer.

## Fitting activity into your day for free!

- Take the dog for a walk
- Get off the bus a couple of stops earlier and walk
- Take your children to the park
- Watch less TV
- Use the stairs instead of the lift
- Go for a walk instead of sitting down in your lunch break
- Make fun activities like walking, cycling, swimming, aerobics and gardening part of every day.



Break the 30 minutes down into smaller, more manageable chunks if you prefer