How to Get Active

Physical activity is any activity that gets your body moving. It makes your breathing quicker and your heart beat faster. Physical activity can be in many different forms and at different levels of intensity. There are four main types of physical activity. Each type helps you to stay healthy in different ways, so it’s good to get active in a variety of ways.

* Aerobic activities make your heart beat faster and are good for keeping your heart and lungs healthy. Try to do these activities for 30 minutes, on most days of the week. There are lots of activities to choose from – walking, cycling, dancing, washing the car, gardening, or housework are all good choices.
* Strength activities help you to keep your muscles and bones strong. Try to do strength activities two or three times a week. You don’t have to go to a gym or use special weights, just carrying the groceries or climbing the stairs is a good way of keeping strong!
* Flexibility exercises help you to move easily and help your joints from feeling stiff. Doing gentle reaching, bending and stretching exercises each day are good ways to stay flexible.
* Balancing activities help you to avoid having falls. Try standing on one foot, heel-to-toe walking, and standing on your tip-toes.

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