

How to be physically active

Physical activity is any activity that gets your body moving, makes you breathe quicker and your heart beat faster.

Physical activity can be in many different forms and levels of intensity.

Being active every day, in a variety of ways, is best for good health. Below is a list of the four main types of physical activity.

Fitness

These are activities that make your heart beat faster and are good for keeping your heart and lungs healthy. Try to do these activities for about 30 minutes on most days of the week.

There are lots of activities to choose from:

- walking
- cycling
- dancing
- washing the car
- gardening
- housework.

Strength

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 to keep your strength up. Some activities to choose from are:

- carrying the groceries
- squats
- climbing the stairs.

Flexibility

Staying flexible helps you to move more easily and stops your joints from feeling stiff.

Doing gentle reaching, bending and stretching exercises each day is a good way to stay flexible.

Balance

Doing balancing activities each day helps you to avoid having falls.

Try these activities to help improve your balance:

- standing on one foot
- heel-to-toe walking
- standing on your tip-toes.