

Healthy Living

Exercise Guide for 19 – 64 year olds

- Adults should aim to be exercise daily. Over a week, you should do at least 2½ hours of moderate exercise in stints of 10 minutes or more. The ideal approach would be to exercise for 30 minutes at least 5 days a week.
- Alternatively, you can also benefit from doing 75 minutes of intensive exercise through the week. Or if preferred, you can combine doing both intense and moderate exercise throughout the week to good effect.
- Adults should also exercise to improve their muscle strength at least twice week.
- The time an adult spends sitting down for extended periods of time should be minimised.

Understanding the Guidelines – what does it all mean?

- What is moderate exercise?
 - These activities should cause your heart to beat faster, your body to get warmer and breathe harder but should mean you are able to carry on a conversation whilst doing this.
 - Examples include brisk walking, cycling.
- What is vigorous exercise?
 - These activities will cause your heart to beat rapidly, your body to get warmer and your breathing to be much harder so you're ability to converse when doing vigorous exercise will be difficult.
 - Examples including running and sports such as swimming and football.
- What exercises and activities can help strengthen my muscles?
 - These activities and exercises involve using body weight or working against a resistance and should involve using all major muscle groups.

- Examples include exercising with weights or carrying and moving heavy loads such as your supermarket shopping

- What can I do to minimise the time I spend sat down?
 - Reduce the amount of time you spend watching TV, using computers or playing video games.
 - Remember to take regular breaks at work by getting up and walking around.
 - Break up any time spent sitting for extended periods. For example, when reading, after every chapter of a book, get up and walk around or if you're taking a long bus journey, try walking part of the way instead.

- How can being active benefit me?
 - It reduces the risk of diseases such as coronary heart disease, strokes and type 2 diabetes.
 - It will help you maintain a healthy weight.
 - It will help you maintain your ability to perform everyday jobs.
 - It will improve your confidence and self-esteem.
 - It also helps reduce symptoms of depression and anxiety.