

Physical activity

The guidelines for health

150 minutes of moderate intensity exercise every week

eg. 5 x 30 minutes a week, or in 10-15 minute bursts

To achieve a moderate intensity you should feel:

- Warmer and clammy
- Increased heart rate
- Breathing harder
- Able to talk in short sentences

and

2 or more muscle strengthening sessions a week

using all major muscle groups
eg. 8-10 exercises,
8-12 repetitions



OR

75 minutes of vigorous intensity exercise every week

To achieve a vigorous intensity you should feel:

- Hot and sweaty
- Fast heart rate
- Out of breath
- Able to say a couple of words

and

2 or more muscle strengthening sessions a week

using all major muscle groups
eg. 8-10 exercises,
8-12 repetitions

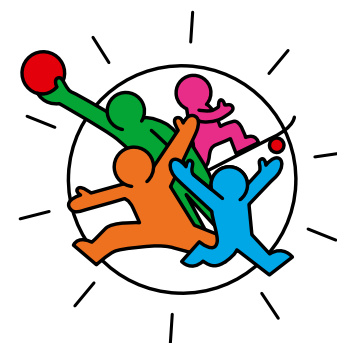


Eat well
Move more
Live longer

Physical activity done in the last week

Number of minutes completed per day

Minutes >	10	20	30	40	50	60	other
Example			✓				
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Remember to only note down exercise that lasts 10 minutes or more and that makes you breath harder, heart beat quicker, feel warm and clammy. This is moderate intensity.

Top tips!

- **Celebrate every time you complete an activity!** Whatever you have done is better than nothing, so congratulate yourself. Think of the positive things you would say to a friend who had just done this, now say them to yourself.
- Start small and build up. If every day is unrealistic, start with 2 or 3 times a week.
- Tell other people in your house your plan. Either ask them to join in or stay out of the way.
- If you have space in your home, you can make an area that is specifically for your activity.