Move to improve

onesmallstep
to a healthier you

Benefits of physical activity

- Can help fight obesity and control weight
- May help improve blood cholesterol levels
- May help prevent or control high blood pressure
- May help prevent bone loss
- Can increase muscle strength and endurance
- Can reduce the chance of developing diabetes
- May help manage stress and relieve tension
- May reduce your risk of some cancers
- Improve your mental health and happiness
- Lowers your risk of fractures and falls

Easy ways to add activity into your day

- Ride a stationary bike while watching your favourite TV programme.
- Do squats, star jumps or simply jogging on the spot in between the advert breaks.
- Use the stairs, not the lift.
- Housework or gardening with extra effort.
- Stand up and walk around whilst chatting on the phone.
- Make your work appointments walking meetings instead.
- Encourage colleagues to go for a brisk 30 minute lunchtime walk.
- Plan your weekends with family or friends that involve physical activity such as swimming, cycling, and going to the park.
- Park further away than you normally would.
- Fitness DVDs or games consoles (Dance mat, the Wii).
- Check out 'YouTube' for lots of different types of workout videos — HiiT (High Intensity Interval Training) is a good way to put activity into a time limited day.

Calorie burn league table*

The more energetic the activity, the more calories you burn. As a guide, here's what someone weighing 70kg would burn in **60 minutes:**

Brisk walking (3.5mph)	266kcal
Breaststroke	700kcal
Badminton	315kcal
Cycling (12mph)	560kcal
Running (6mph)	700kcal
Park football	490kcal
Aerobics class	455kcal
Yoga (hatha)	175kcal