

Activity and Exercise

Recommendation is 30 minutes on most days aiming for a total of 210 minutes a week.

This does not have to be continuous i.e. can be three lots of ten minutes.

It needs to be of moderate intensity which means your breathing will become more frequent but you should still be able to speak comfortably. You should be warming up and you may sweat slightly.

Activity can include:

- Walking
- Swimming
- Household chores i.e. turn up the music and vacuum
- Gardening
- Other sports

The activity you choose needs to be fun and not a drag. It is often easier and better if you have someone join your activity.

****If you have not been physically active or are changing your exercise routine it is advised you see your doctor for a health check prior to doing this.**

****If at anytime during activity you experience any pain you should stop immediately and see a doctor for a check up.**

