

Exercise guide for people aged 19 to 64





Why should people exercise?



Exercise can help your physical and mental health.



It can lower the risk of heart disease and other health problems.



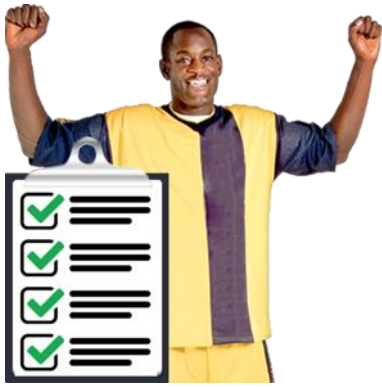
Speak to your GP (family doctor) first if:



- you have not exercised for a while



- you have a health problem or are worried about your health



What should you try?



Try to do some exercise every day.



You can do medium exercise



or you can do hard exercise.



We explain what medium exercise and hard exercise are in this guide.



You should also try to do exercises that strengthen your muscles at least 2 days a week.



This will keep your bones and muscles strong as you get older.



We explain which exercise strengthens your muscles in this guide.



Find an exercise you enjoy and that is suitable for you.



For example, do not try a long run if you are not used to running.



Less

Try not to spend a lot of time sitting or lying down in the day, if you can.



You should try to move around every few hours.



What counts as medium exercise?



Medium exercise makes you breathe faster and feel warmer.



You are exercising at a medium level if you can talk, but not sing.



Try to do at least 2 hours and 30 minutes of medium exercise a week.



One way to do this is to do medium exercise for 30 minutes a day, 5 days a week.



Examples of medium exercise include:



- fast walking or jogging



- riding a bike



- shopping



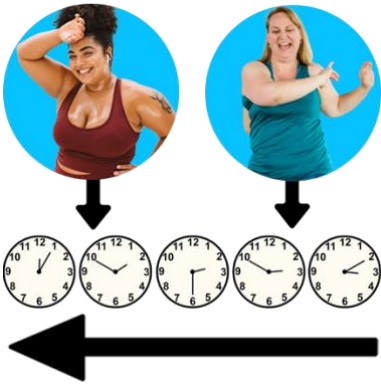
What counts as hard exercise?



Hard exercise makes you breathe hard and fast.



With hard exercise, you cannot talk much without stopping for breath.



If you do hard exercise, you can spend less time exercising than someone who does medium exercise.



It will be just as good for your health.



Examples of hard exercise include:



- running



- swimming



- dancing



- sports, like football, rugby, netball and hockey



- walking up stairs



What exercises strengthen muscles?



Examples of exercises that can make your muscles stronger include:



- lifting weights



- doing exercises like push-ups and sit-ups that use your own body weight



- heavy gardening, such as digging and shovelling



- pushing somebody in a wheelchair or using a wheelchair yourself



- carrying heavy shopping bags



If you have recently had a baby



When you start exercising after pregnancy, start gently.



Do not try to do more than you were doing before you were pregnant.



After your pregnancy, you will get check-ups to make sure you are well.



After your check-up at 6 to 8 weeks, you can start to do more exercise if you feel able to.



Do not rush to do hard exercise.



Build up slowly over at least 3 months.

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