

# Easy exercise tips for a healthier life





Start being active today, it is never too late...

## Body benefits

Improves physical health;

Maintains lower weight (when combined with a healthy diet);

Lowers blood pressure;

Helps you sleep better.



# Mind benefits

Boosts mental alertness;

Connects us with other people;

Reduces the risk of depression;

Manages stress.



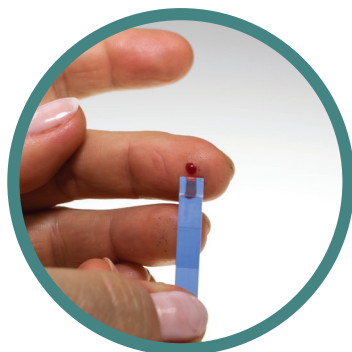
# **Did you know**

Being active also reduces  
your risk of serious illnesses  
such as...

Heart disease;

Diabetes;

Some cancers.





## Do something you will enjoy outdoors...

Walk with your children to school.

Join in with a local free “Couch to 5k” Programme in your local park.

Join a free “Parkrun” or bring the children to the “Junior Parkrun” in the park.

Join a free local Walking Group or walk with a friend, and commit to it!

Use the free outdoor gym equipment in local parks.







## Or try these activities indoors if you prefer...

In the kitchen, dance to your favourite music, and encourage your children to get up and dance too.

If you have YouTube, there are many free workout videos to download (use water bottles as light weights).

Cleaning can be good exercise, especially mopping floors, hoovering and cleaning windows.

Try skipping, which is great for your heart!

**Don't sit for long periods of time.**



# **Did you know**

Just 10 minutes of fast walking helps to release feel good hormones that help reduce stress.

Get up and walk often.





## Walk every day

Walk as much as you can every day! (Leave your phone at home and talk to the person walking with you, or if you are walking alone, be mindful of everything around you).

Sign up for a charity walk or run to motivate yourself towards a goal. Even better, involve a friend or your family!

Join a walking group and meet new people.

Get outside to a green space with your children even if only for 15 minutes, regardless of the weather.





Sneak in 5 or 10 minutes of walking at various intervals over the course of your day. It all adds up!





# Do a step challenge

If you have not done any exercise for a while, speak to your doctor first before you start.

Record your walking activity in the chart below

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Draw a smile on the face below for everyday that you walk							
Week 1							
Steps							
Week 2							
Steps							
Week 3							
Steps							
Week 4							
Steps							
Week 5							
Steps							

## TIP 6

# Practice the 5 Ways for Wellbeing

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

## Take5 steps to wellbeing



### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).

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# Thank you

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# The Health Literacy Project

This leaflet was produced by the Health Literacy Project in partnership with the following organisations.

