

- ACTIVE U -  
*Take 20*

# ACTIVE WELLBEING



Take 20! Being active for at least 20 minutes every day can go a long way towards keeping you healthy.



# ACTIVE WELLBEING

Increasing our activity levels can reduce the risk of at least 20 different serious conditions including heart disease, obesity, depression, diabetes, arthritis and some cancers. For example, increasing your physical activity can reduce your risk of stroke or heart disease by 10% or reduce your risk of type 2 diabetes by 30–40%. No matter what your age, it is never too early or too late to start being more physically active!

It is recommended that all adults should aim to be active daily and over a week, physical activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity. This could be as simple as 20 minutes per day! Moderate intensity activity is any physical activity that gets you out of breath or raises your heartbeat – this can include gardening and housework!

It is also advised that adults undertake at least two days a week of physical activity that not only improves cardiorespiratory (heart and lung) fitness but also exercise which improves your muscle and bone strength, to guard against future problems such as osteoporosis.

Being active is also central to our mental health and positive feelings of general wellbeing. Walking to work, in your lunch break or after dinner in the evening, can help you find time in your day to think, mentally digest your day and rejuvenate or relax.

Here are a number of things you can try, to help your general wellness through being physically active – start with just an extra 20 minutes per day:

- Build activity into your everyday life – house chores, gardening and walking the dog all count! It doesn't have to be structured gym time
- Remind yourself daily of what being active can do for you – focus on the health positives and the feel good factor afterwards. If you know it helps you sleep, try fitting 20 minutes into your day to assist your night's sleep
- Keep track of your progress and reward your successes, you can even try keeping an activity journal and using a smart phone app to see what activities made you feel the most stress free, or were to easily fit activity into your routine
- Form an "activity pact" with a friend at work or at home to encourage yourselves to keep active with fun activities or volunteering
- Remember that every little bit counts. Each extra step or minute completed works towards your daily 20 mins and 10,000 steps! It all adds up!
- Where possible and safe to do so, take active breaks during workdays and consider how to add physical activity at work
- Walk to take your lunch or take walking meetings, as being active can help to increase your focus in the afternoon
- Park further away from the office or train station. Fitting in those extra steps is an easier way to get started
- Find a path to walk on your break – create some routes, take a colleague along or friends and family before or after work. You could have a few routes depending on how much time you have
- Get outdoors, just five minutes of exercise in an outdoor space can have fast improvements in mood and self-esteem
- If you drive or sit for long periods of time, try standing to take calls, stretch out your neck and back, generally move about to get the blood flowing around the body