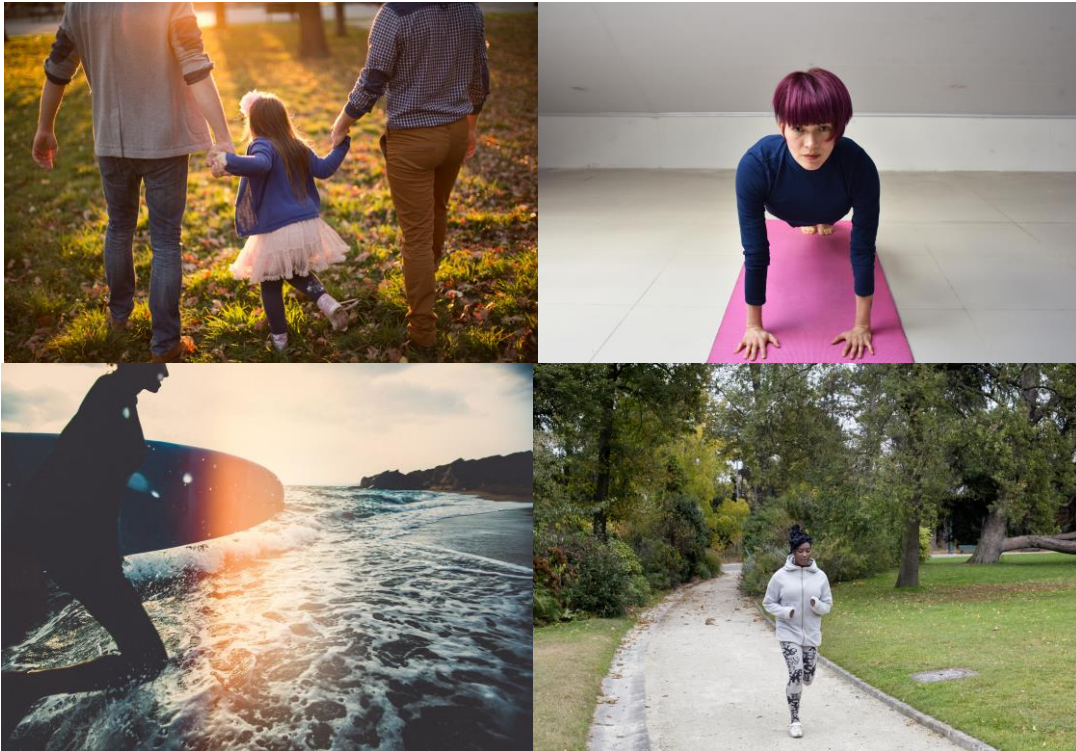


## Get your body moving for good health



Regular exercise is beneficial for physical and mental health. It can help us feel better, have more energy, and even add years to our life. To maintain good health, it is recommended that we exercise every day and do at least 150 minutes of moderate intensity activity a week. Alongside this it is also important to do strengthening exercises at least two days a week.

If it has been a while since you have done any physical activity, to prevent injury, it is best to build up the amount and intensity of exercise over time. Eating a healthy balanced diet and drinking enough water will strengthen the health benefits gained from exercising.

Let us take a closer look at some of the benefits of regular physical activity:

### Weight loss and prevention of weight gain

Regular exercise can help us lose weight and stops weight gain. Any activity, which raises our heartrate, makes us breathe faster and feel warmer is beneficial. The more intense the exercise, the more calories we burn. Weight loss happens when we burn more calories than we consume.

### **Improved sleep, mood, energy, and confidence**

Exercise reduces stress, anxiety, and fatigue. Regular exercise helps us fall asleep faster and when we are asleep, go into deeper sleep. Having better quality sleep helps us to feel more energised during the day.

Physically active people have up to 30% reduced risk of becoming depressed. Staying active helps those who are depressed recover. When we feel fitter, our body image and confidence often improve too.

### **Reduced risk of cardiovascular disease**

By doing regular exercise we reduce the risk of developing coronary heart disease and stroke by 30%. On top of that regular physical activity can also help us lower blood pressure and improve cholesterol levels.

### **Keeps our muscles and bones strong**

As we get older, we start to lose muscle and bone density. It is important to maintain good muscle and bone strength throughout life to prevent injury, falls, fractures, and osteoporosis. Regular exercise helps to improve the function of our muscles and keeps our bones strong and healthy.

### **Reduced risk of cancer**

Being overweight or obese is a major risk factor for developing cancer. Maintaining healthy body weight reduces the risk of developing cancer in general. In addition, the risk of developing breast and bowel cancer is 25% lower, and the risk of developing womb cancer is 30% lower.