

#exercise  
#publichealth5-19service



Happier | Healthier | Hopeful



# EXERCISE FACTSHEET

This factsheet will provide you with very helpful links to lots of websites with hints and tips to help recognise why you need to increase your physical activity and how you can achieve this.

## TOP TIPS ABOUT EXERCISE

Young people aged 5-18 should engage in moderate to vigorous physical activity for at least 60 minutes and up to several hours spread out throughout every day. The benefits of doing this help to maintain a healthy weight, by preventing the body storing excess fat, therefore reducing the risk of developing certain cancers, diabetes and heart disease. It also helps to improve cardiovascular, joint and bone health, improve self-esteem and develop social skills.

**Tip 1:** In order to increase physical activity less time needs to be spent watching TV, playing on computer consoles and tablets.

**Tip 2:** Moderate exercise is an activity that raises your heart rate and makes you sweat. Some moderate activities you could do are, walking to school, playing in the playground, riding a scooter, walking the dog or cycling on level ground.

**Tip 3:** Vigorous exercise is an activity that makes you breathe hard and fast, where you find it difficult to say more than a few words. Some vigorous activities you could participate in are football and rugby, swimming, gymnastics, running, dancing, martial arts and cycling on hilly ground.

**Tip 4:** If there is a choice between taking the stairs and taking a lift always opt for the stairs.

**Tip 5:** Try to walk or cycle to school whenever possible.

**Tip 6:** When you exercise it releases chemicals into your body which help us feel good, thus improving mental health.

**Tip 7:** Look what activities are available in your local community to see what you and your children can join up to.

**Tip 8:** Exercising as a family is fun; go on a walk together or play in the park, be an active family.

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## VISIT THESE USEFUL WEBSITES

<http://www.nhs.uk/change4life/Pages/get-going-every-day.aspx>

Department of Health campaign to help families increase their physical activity.

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

Guidelines on physical activity for children and young people.

[www.henry.org.uk](http://www.henry.org.uk)

Information to support families to be healthier and prevent child obesity.

<https://www.bhf.org.uk/about-us/our-policies/preventing-heart-disease/children-and-physical-activity>

Top tips on keeping your child healthy, from the British Heart Foundation.

[www.cumbriapartnership.nhs.uk/our-services/children-families](http://www.cumbriapartnership.nhs.uk/our-services/children-families)

