

## Get Up & Active!

'Evidence shows that people who combine regular physical activity with calorie-counting are more successful at losing weight and keeping it off.'

### So what exercise counts?

- at least 150 minutes of moderate aerobic activity such as cycling or fast walking every week, and
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

#### OR

- 75 minutes of vigorous aerobic activity, such as running or a game of singles tennis every week, and
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

#### OR

- A mix of moderate and vigorous aerobic activity every week, and
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

### What classes as moderate activity?

Breathing faster and feel warmer. One way to tell is if you can still talk, but you can't sing the words to a song.

Need some inspiration?  
Get inspired at  
[nhs.uk/fitness](https://www.nhs.uk/fitness)

## TIPS OF THE WEEK for exercise

**GET MOVING:** Move more and eat less in regards to weight loss is really the secret.

**STAND UP MORE:** Make sure you make time to get up from your chair.

**SCHEDULE IT:** Plan your exercise at the start of the week and put it in your diary.

**PUMP YOURSELF UP:** Music is a great motivator so pick your playlist.

**REMEMBER- THE HARDEST PART OF EXERCISING IS GETTING OUT OF THE DOOR.**

### Did you know!

How long it takes to burn off...

- 1/3 tube pringles = 32 mins of moderate cycling
- 250ml wine = 50 mins walking at 3mph
- 45g bar chocolate = 34mins swimming leisurely pace