NHS
Leicestershire Partnership
NHS Trust

Benefits of exercise

Exercise is important for strength and balance, both of which can help to reduce your risk of falls. Exercise can also bring many benefits to you that cannot be achieved through medication, or which would take many medications to achieve.

Exercise does not need to be done in shorts and a t-shirt. Simply walking up and down your stairs, or standing from a chair repeatedly, or even just marching on the spot until the kettle boils can all help keep the body working well.

30 minutes of activity or exercise on at least 5 days a week is recommended,

but ultimately,

some is good, more is better.

Exercise can help with a variety of problems, and bring about improvement in a wide range of areas.

Community Falls Prevention Service
Legion House, South Street
Ashby de la Zouch
Leicestershire. LE65 1BQ

Email: lpt.feedback@nhs.net

www.leicspart.nhs.uk

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask our staff or email: Llrct.services@nhs.net

Physical activity for adults and older adults

Reduces your chance of

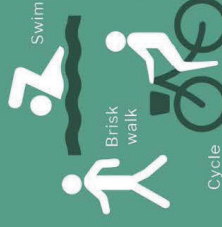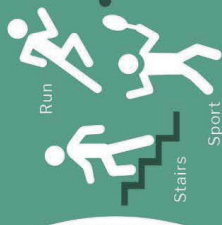|	
Benefits health	Type II Diabetes -40%
ZZ Improves sleep	Cardiovascular disease -35%
Maintains healthy weight	Falls, depression etc. -30%
Manages stress	Joint and back pain -25%
Improves quality of life	Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

Brisk walk · Swim · Cycle

OR

or a combination of both

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

Run · Stairs · Sport

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

Gym · Yoga · Carry heavy bags

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Bowls · Tai Chi · Dance

Minimise sedentary time
Break up periods of inactivity

UK Chief Medical Officers' Physical Activity Guidelines 2019

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Mental health
- Better sleep
- More confidence
- Reduced anxiety
- Self esteem
- Depression

Medical conditions
- Heart conditions
- Breathing problems
- Diabetes
- Stroke
- High Blood Pressure

Everyday activities
- Stairs
- Reaching
- Toileting
- Eating
- Washing
- Cleaning
- Shopping
- Standing
- Dressing
- Walking

Muscles and mobility
- Strength
- Turning
- Flexibility
- Stepping
- Posture

No medicine can do as much for you as exercise can.
Stand up from your chair, 5 times an hour.