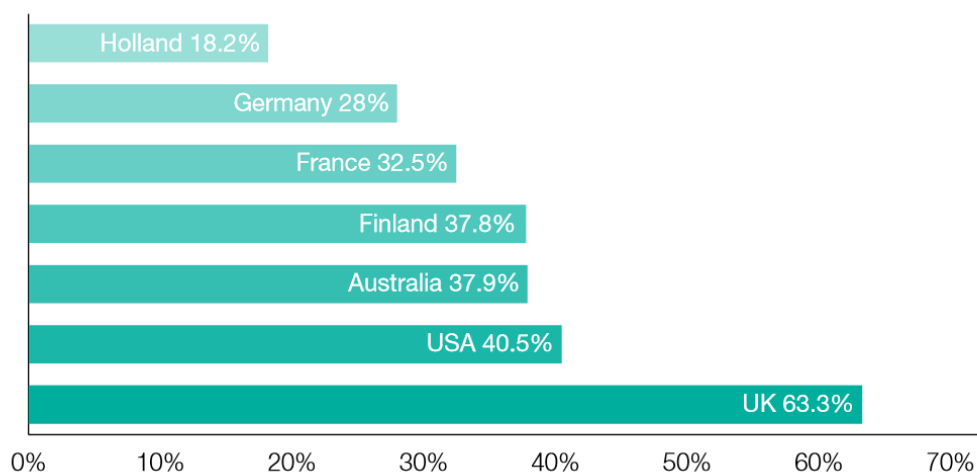


General Health

Physical inactivity is the fourth leading cause of death around the world, behind high blood pressure, tobacco and high blood sugar ([WHO](#))

In the UK, physical inactivity is responsible for approximately one in six deaths ([Lee et al. 2012](#))

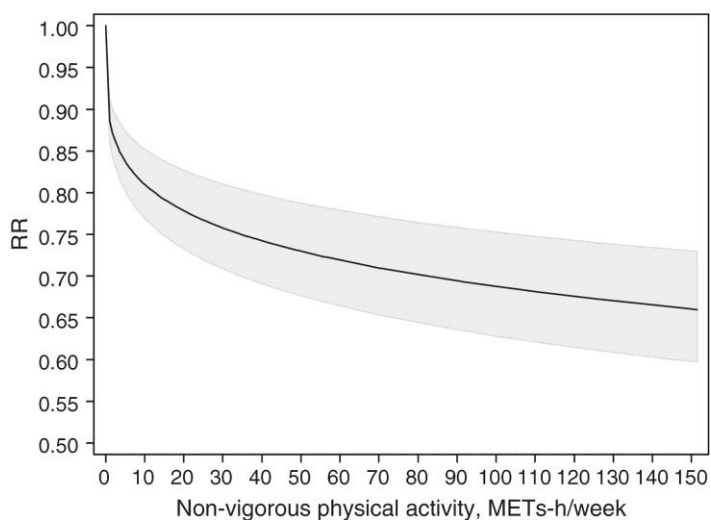
We are one of the least active countries in the world. This graph shows the percentage of the population who are inactive compared to other countries ([PHE, 2014](#))



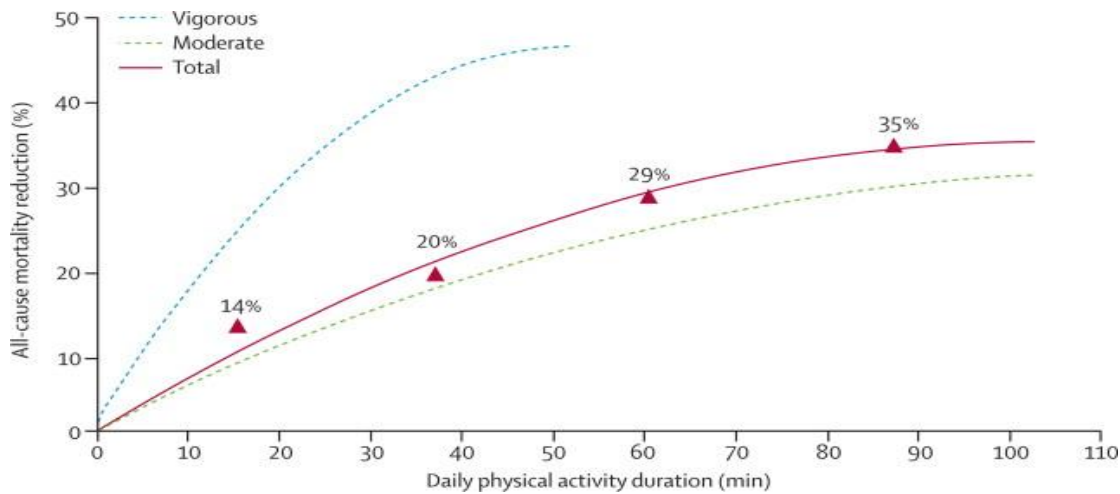
Prevention

Regular physical activity throughout life reduces your risk of dying with the greatest gains are found when changing from no activity, or very little, to a moderate amount. ([Woodcock et al., 2011](#))

Healthy levels of physical activity do not mean you have to go to the gym – walking is great



However, the more you can do each day, the better ([Wen et al., 2011](#))

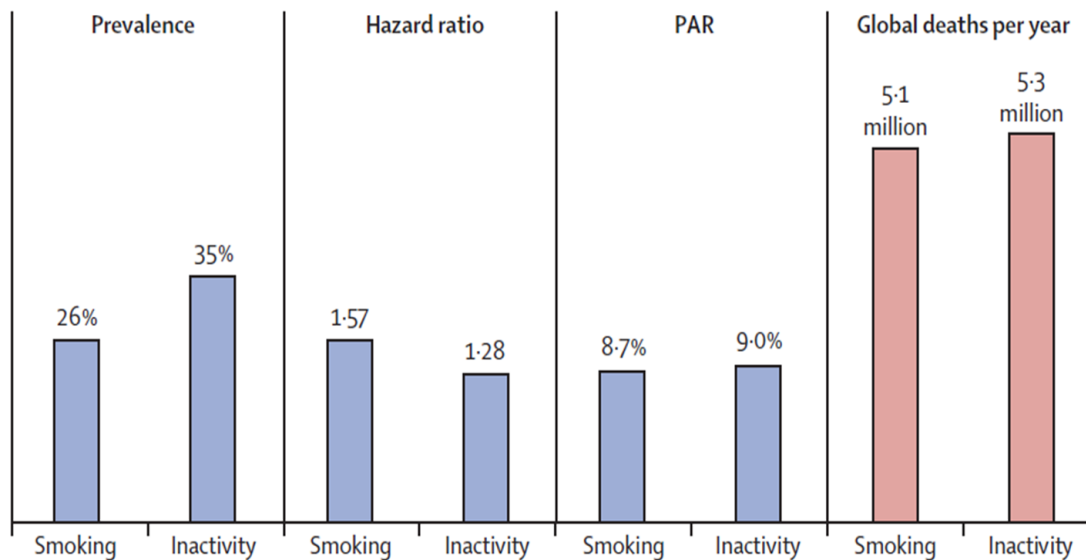


Treatment

It is never too late to start exercising. Starting exercise at any stage of life benefits your health and reduces your risk of premature death

Comparisons

Physical inactivity causes more deaths in the world each year than smoking ([Wen, 2012](#))



Advice

You should aim to meet or exceed the [national guidelines](#) for physical activity to benefit your health the most.

If you already meet the guidelines, well done, but you need to keep up your active lifestyle to stay healthy!

Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

- REDUCES YOUR CHANCE OF**
- Type II Diabetes -40%**
 - Cardiovascular Disease -35%**
 - Falls, Depression and Dementia -30%**
 - Joint and Back Pain -25%**
 - Cancers (Colon and Breast) -20%**

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY
(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY
(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2 DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: <http://bit.ly/startactive>**

Further resources for Healthcare Professionals

[Motivate to Move - Mortality](#)

[FYSS – General effects of physical activity](#)