



MAKING  
EVERY  
CONTACT  
COUNT

# Physical activity

## Key messages

- There are lots of reasons to be more active. Moving more is good for your body and mind, helps stop you getting serious health problems and it can help you sleep better. It can also be a social activity that helps you meet new people and make new friends.
- Just a few small changes can make a big difference to your life and how you feel. To stay healthy or to improve health, you need to do two types of physical activity each week: aerobic and strength exercises. If you're not as active as you should be you are putting your health and quality of life at risk.
- As you get older exercise incorporating balance is important too, as strength and balance exercise can reduce the risk of falls.

## Other important messages to share

- Physical activity doesn't have to be a vigorous workout but could involve everyday activities such as walking, gardening and dancing. Exercise can be any activity that makes you breathe harder than normal
  - To benefit your health and wellbeing adults need to do either:
    - 150 minutes of moderate intensity activity a week (when you are breathing harder than normal and feel warmer)
    - or
    - 75 minutes of vigorous intensity activity a week (when your heart beats rapidly and breathing is hard)
    - or
    - A combination of moderate and vigorous activity
- The activity can be done in bouts of 10 minutes and built up during the day/week
- Choose activities that you enjoy, as these are the ones you are most likely to stick with

## Why is it important?

**To protect your body** - If you aren't very active you increase your risk of getting serious health conditions, including heart disease, type 2 diabetes, dementia and some cancers.

**To protect your mind** - Getting some physical activity each day can help prevent you getting depression, anxiety and other mental health problems. Moving more can also help you get a good night's sleep, which helps your brain to rest and recharge.

**To age well** - Being active is critical to maintaining a healthy body and mind for later years. Not being active increases your risk of many conditions that will impact on your future quality of life, including dementia, osteoarthritis and general physical limitations in older age. Staying active helps to maintain your strength and balance and can reduce your risk of falls.

## Self help

There are lots of easy ways you and your family can get moving!

- **Walking:** Join one of our free, friendly walking groups, or plan a route you can do in your own time. Information and support is available at [www.healthydudley.co.uk/healthy-lifestyles/move-more/walking/](http://www.healthydudley.co.uk/healthy-lifestyles/move-more/walking/)
- **Parks:** There are a lot of sessions for all ages and abilities in our parks (see Healthy Hubs below)
- **Leisure centres** offer **gym, swimming pool, racket sport facilities** and also a comprehensive programme of **exercise classes**. For more information visit [www.dbleisure.co.uk](http://www.dbleisure.co.uk)
- For information about cycling, contact the **Road Safety Team** by email on [road.safety@dudley.gov.uk](mailto:road.safety@dudley.gov.uk)
- **Community based exercise sessions** delivered by voluntary groups can be found on the **Dudley Community Information Directory** [www.dudleyci.co.uk](http://www.dudleyci.co.uk)
- Try some exercise from the comfort of your home [www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

## Local services

### Your Health Dudley

Wellness coaches can help with setting goals, planning actions and providing motivational support for weight loss, stop smoking, alcohol advice and exercise [www.yourhealthdudley.co.uk/](http://www.yourhealthdudley.co.uk/) Tel: **01384 732 402**.

### Steps to Health

Dudley Council offers a half-price leisure scheme, where users get 50% off at council leisure centres for 12 months. Criteria apply. Ask your GP practice for a referral letter.

### Healthy Hubs

Visit one of Dudley's four Healthy Hubs to access free outdoor gym equipment and a range of exercise sessions for people of different ages and abilities. There are also various sports facilities e.g. tennis courts, football pitches and multi-use games areas. Visit [www.healthydudley.co.uk/healthy-lifestyles/move-more/choose-healthy-hub/](http://www.healthydudley.co.uk/healthy-lifestyles/move-more/choose-healthy-hub/)

## Get involved

- Set up a Wellbeing Walk in your local community - volunteer walk leaders can access training, support and help with promoting your walk in your local area. For more information visit [www.ramblers.org.uk/wellbeing-walks](http://www.ramblers.org.uk/wellbeing-walks)
- Volunteer with a local sports club - contact Dudley Council for Voluntary Service to find out more about local volunteering opportunities. Visit [www.dudleycvs.org.uk/get-involved](http://www.dudleycvs.org.uk/get-involved) or call Eileen on **01384 573381**



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