

# HOW MUCH EXERCISE SHOULD YOU REALLY DO?

Do you need to do 30 minutes a day to get the health benefits, or can you get away with just 10? Let's clear up the confusion by looking at what's recommended by the government's medical experts.

## DO SOMETHING ACTIVE EVERY DAY

Something is better than nothing.



## 10 MINUTES IS A GOOD START

You get health benefits from doing 10 minutes at a time. Start small and build up gradually.



## HOW MUCH TO AIM FOR?

### 150 MINUTES MODERATE OR 75 MINUTES VIGOROUS

The more the better, but even small amounts of exercise bring benefits so build up gradually over time. How much you should aim for depends on the type of exercise you do.

The guidelines apply to all adults (including those with disabilities). There are separate guidelines for children and young people. The NHS has more information about how much exercise you should do at different ages.

## MODERATE INTENSITY ACTIVITY, LIKE BRISK WALKING OR CYCLING

- you get warmer
- you breathe harder
- your heart beats faster
- you can probably still have a conversation

Brisk walking, cycling on flat ground and swimming are examples of moderate intensity exercise.



Aim to do at least **150 MINUTES** (or 2½ hours) in a week



Do it in chunks of **10 MINUTES OR MORE** at a time

For example **30 MINUTES A DAY, 5 DAYS A WEEK**

OR

## VIGOROUS INTENSITY EXERCISE, LIKE JOGGING AND SPORTS

- you get warmer
- you breathe much harder
- your heart beats rapidly
- it's difficult to talk

Jogging, running and team sports, like football, are good examples of vigorous intensity exercise.



Aim to do at least **75 MINUTES** in a week



Do it in chunks of **10 MINUTES OR MORE** at a time

For example **RUN FOR 25 MINUTES, 3 TIMES A WEEK**

## BREAK UP TIME SPENT SITTING



### EVERY DAY

Take breaks from sitting in front of the computer and TV.

Walk part of the way when you'd usually take the car or bus.

## BUILD STRENGTH & IMPROVE BALANCE

### 2 DAYS A WEEK

Do strengthening activities like resistance training, yoga, aerobics or circuit training to keep your muscles, bones and joints strong.

Work on balance by adding aerobics, circuit training, ball or racquet sports.

## WHY DO MORE THAN 10 MINUTES?

If you get benefits from just 10 minutes of exercise, then why is it important to do more? The answer is that more exercise can improve your mood and makes it more likely that you'll reduce your risk of developing things like:

- type 2 diabetes
- heart disease
- joint and back pain
- some cancers

Sources: UK Chief Medical Officers guidelines [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/216370/dh\\_128210.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf)  
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