

Being active is important when living with Obesity

What good things could being more active do for you?



Can reduce weight and BMI



Can improve mental health and quality of life



Improves blood pressure



Improves general fitness



Reduces risk of heart problems



Can help improve blood sugar levels



Improves blood cholesterol



Reduces body fat and waist circumference

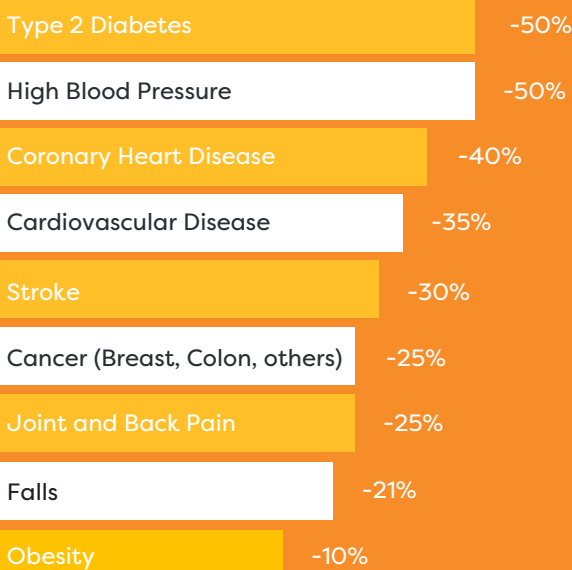


Improves muscle strength



Improves bone strength

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my general fitness?



Less fatigue



More motivation

Improves flexibility

Stronger muscles

Improves endurance

Follow these Top Tips to keep you active:

- 1** Do physical activity you enjoy, the benefits outweigh the risks.
- 2** Pace yourself - start slowly and increase duration gradually.
- 3** Build activity into your daily routine - anything you can do to increase your movement will be beneficial. An example might be taking the stairs rather than the lift.
- 4** Choose an activity you enjoy - you are much more likely to stick with it. This may mean trying a variety of activities before you choose one to do regularly.
- 5** You don't have to go to the gym - you can be active at home.
- 6** Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new activity. Over time, as your body adapts, this will reduce.
- 7** Consider undertaking physical activity with a friend, or joining a group - this might be more enjoyable, and you can motivate each other. You might also find that this helps you to feel safer, for example if you are walking/exercising outside.
- 8** Be realistic - some days will feel easier than others, and this is normal. Aim to build more movement and less sitting time into your everyday life.

Build activity into everyday life:

