Derventio
People Really **Do** Matter

Get Active Handbook



Inspiring you to be more active to help your physical and mental health

SPORT ENGLAND

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Funded by Sports England, this guide aims to encourage you to get involved in physical activity. Walking and swimming are both great ways to be more active and improve your physical and mental health.

Physical Activity Guidelines

Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.

The NHS advises that adults should aim to:

- Do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- Spread exercise evenly over 4 to 5 days a week, or every day
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity



You can also achieve your weekly activity target with:

- Several short sessions of very vigorous intensity activity
- A mix of moderate, vigorous and very vigorous intensity activity

For more information

Visit the NHS's physical activity guidelines

https://www.nhs.uk/live-well/exercise/physical-activ
for-adults-aged-19-to-64/

Walking

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. When you have to walk, if you go a bit faster and swing your arms, you will improve your health.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits.

Benefits of walking

- Enjoy a longer, healthier life
- Make your body feel better
- Boost your energy and mood
- Get better sleep
- Keep your mind sharp
- Improve your immune system

Find out more about these benefits on the British Heart Foundation's website



Staying motivated

Most people living in supported housing don't have a car, so it's easier to make walking a habit. Here are some ways to feel motivated and include walking in your daily routine:

- Remember that walking is a positive way to boost your fitness
- It's free – much cheaper than a bus or taxi
- It's much healthier than travelling by car or public transport

Where to walk

You do not have to travel to the countryside to find a rewarding walk.

Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

Search online for walks and walking groups near you. Ask your Housing & Support Officer if you'd like any help with this.



For more information

Visit the NHS's walking for health page

https://www.nhs.uk/live-well/exercise/walking-for-health/

Swimming

No matter what your fitness level, the general benefits of swimming are yours to go out and grab and make your own.

Benefits of swimming

Full body workout
Swimming uses all the muscles in the body so whether you swim a gentle breaststroke or hammer butterfly, you will get a full body workout. Plus, exercising in water makes your body work harder so 30 minutes in a pool is worth 45 minutes of the same activity on land.

Great for general wellbeing
Just 30 minutes of swimming three times a week alongside a balanced, healthy diet and lifestyle is one of the best ways to stay fit and healthy and maintain a positive mental outlook.

De-stresses and relaxes
Swimming regularly can lower stress levels, reduce anxiety and depression and improve your sleep patterns. Feeling the mental benefits of swimming takes just a light swim. No lane pounding needed.

Burns calories
Swimming is one of the most effective ways to burn calories. A gentle swim can burn over 200 calories in just half an hour, more than double that of walking. And a faster swim would see that chocolate bar gone quicker than if you went running or cycling.

Lowers the risk of diseases
As well as being a great form of cardiovascular exercise, swimming just 30 minutes a week can help to guard against heart disease, stroke and type 2 diabetes.

Supports the body
Water supports up to 90 per cent of the body's weight. So if you sprained an ankle or have a long term injury or illness, swimming is a brilliant way to stay active.

Increases your energy levels
Inactivity and not ageing is often responsible for people's lack of energy. Just 30 minutes of swimming three times per week can boost your energy levels through increased metabolic rate.



Contact your local pool to find out about swimming sessions. Ask your Housing & Support Officer if you'd like any help with this.

For more information

Visit Swim England

https://www.swimming.org/justswim/8-benefits-of-swimming/

Resources and Information

Get NHS advice about **healthy living**, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol
https://www.nhs.uk/live-well/

Find nearby **walking routes**
https://www.ramblers.org.uk/go-walking/routes

Find your nearest **swimming pool**
https://www.swimming.org/poolfinder/

You may be able to get help through **Sylvester's Fund** to pay for sessions or equipment so you can take part in sports and activities. Ask your Housing & Support Officer for more information.



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