

killer". Evidence is emerging that sedentary behaviour such as sitting or lying down for long periods is bad for your health. Crucially you can hit your weekly activity target but still be at risk of ill health if you spend the rest of the time sitting or lying down.

**To find out more about this or any other health concern you may have, contact one of our trained team members.**

Answers: Q1, Exercise and it's free with no side effects. Q2, Because there is strong evidence that being physically active can help you lead a healthier and happier life. Q3, It is medically proven that people who do regular physical activity have a lower risk of coronary heart disease and stroke, type 2 diabetes, bowel cancer, breast cancer in women, early death, osteoarthritis, hip fracture and falls. Q4, Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease. Q5, The governments activity guidelines say that adults should be active every day and aim to do at least 150 minutes of physical exercise over a week but the more you do the better. Q6, No but they help to slow down the rate of bone and muscle loss and the chance of falling as you get older. Q7, Any type will benefit your health as long as you are moving quickly enough to raise your heart rate, make you breathe faster and feel warmer. This level is called moderate intensity. Q8, This will make you breathe hard and fast and you will find saying more than a few words without pausing for breath, difficult. Q9, Because we are much less active than we used to be with the average 65-year old spending 10 hours or more each day inactive. Q10, Long periods of inactivity.

# Docpharma Pharmacy

1st Floor, 84 North Street, Manchester, M8 8RA

Tel: 0161 819 5024 | Fax: 0161 839 4843

Email:

Website: [www.docpharmapharmacy.co.uk](http://www.docpharmapharmacy.co.uk)

## Opening Times

Monday to Friday 09:00 - 17:00

Saturday, Sunday & Bank Holidays Closed

## Your FREE Healthy Living Leaflet for October 2022

1. What is the miracle cure we have all been waiting for?
2. Why is exercise good for your health?
3. How can it make me healthier?
4. How can it make me happier?
5. What counts as exercise?
6. Do strength exercises count towards my 150 minutes?
7. What type of activity is best?
8. What is vigorous intensity exercise?
9. Why is exercise so important nowadays?
10. What is the "silent killer" according to the Department of Health and Social Care?

### Physical activity guidelines

Children 5-18



60 mins of physical activity every day

Adults 19-64



150 mins of moderate aerobic activity per week

Adults 65 +



150 mins of moderate aerobic exercise p/w and strength exercises two days a week

Source: Public Health England

Answers on the bottom of P4

## Why is exercise so important?

Because it can reduce your risk of major illness such as coronary heart disease, type 2 diabetes, cancer and lower your risk of an early death by up to 30%. What's more it can be free, has no side effects which makes it the miracle cure we have all been waiting for. Research also shows that it can boost your self-esteem, mood, sleep quality and energy as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.



## What counts as exercise?

The government's guidelines state that adults should try to be active every day and aim to do at least 150 minutes of physical exercise over a week through a variety of activities. For most people the easiest way to get moving is to make activity part of your everyday life like walking or cycling to work.

For any type of activity to benefit your health you need to move quickly enough to raise your heart rate, make you breath faster and feel warmer. This level of exercise is called moderate intensity activity and means you should be able to talk but won't be able to sing a song.

An exercise where you have to work even harder is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity.

You can tell when it is vigorous activity because your breathing will be hard and fast, your heart rate will have gone up quite a bit and you won't be able to say more than a few



words without pausing for a breath.

## Strength and flexibility exercises

On top of the aerobic exercises like walking, cycling and swimming you should also do some type of strength and flexibility exercises as these will

increase your muscle strength, maintain your bone density, improve your balance and reduce joint pain.

These exercises involve using your body weight or working against a resistance. Examples would be lifting weights, working with resistance bands, heavy gardening, climbing stairs, hill walking, cycling, dancing, push-ups, sit-ups, squats and yoga.

For an activity to be muscle strengthening it needs to work your muscles to the point where you need a short rest before continuing. For example, if you are lifting weights, you'd have to put the weight down after doing a number of lifts before carrying on.

It's a good idea to do muscle strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on 2 or more days a week. There is no specific amount of time suggested, but a typical training session could take less than 20 minutes.

## The problem with sedentary lifestyles

Exercise is so important these days because technology has made our lives much easier. We drive more and walk less, machines wash our clothes, fewer of us do manual work and we entertain ourselves in front of a TV or computer.

Research suggests that many adults spend more than 7 hours a day sitting down either at work or in our leisure time and over 65-year-olds spend 10 hours or more being inactive.

The Department of Health has described inactivity as the "silent

