

## Be More Active

Physical inactivity is responsible for one in six UK deaths (equal to smoking) and is estimated to cost the UK £7.4 billion annually (including £0.9 billion to the NHS alone).

Unfortunately our population is around 20% less active than in the 1960s. If current trends continue, it will be 35% less active by 2030.

Many people don't realise that physical activity has significant benefits for health, both physical and mental, and can help to prevent and manage over 20 chronic conditions and diseases, including some cancers, heart disease, type 2 diabetes and depression.

(Public Health England Jan18)

### To stay healthy or improve health

Adults need to do 2 types of physical activity each week: aerobic and strength exercises. How much physical activity you need to do each week depends on your age. Visit the NHS website for [lots information on how to live well and exercise](#).

### Walking for Health

Walking is easy, free, and one of the simplest 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.

You don't have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

### 150 Minutes of Weekly Exercise

It is recommended that you carry out [a minimum of 150 minutes of weekly exercise](#) to keep healthy.

### Active 10

[Download a free App](#) which tracks brisk walking

## Get Fit for Free

[Free ideas to help you get fit](#), available on the NHS website.

## Couch to 5K

[Help, ideas and support](#) to get you up off the couch and on the way to running 5k

## 10 Minute Workouts

Visit the NHS website to find [lots of 10 minute workout sessions](#), to help you to work your whole body.

## 12 Week Fitness Plan

Want to improve your health? Need to lose weight? This activity plan for beginners, combining running and strength and flexibility workouts, will [get you into the habit of regular exercise in 12 weeks](#).

The links above are for general information (and action!)

Please contact your GP if you're worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact [Lynn.Murphy@southampton.gov.uk](mailto:Lynn.Murphy@southampton.gov.uk)

[www.southampton.gov.uk/wellbeingatwork](http://www.southampton.gov.uk/wellbeingatwork)