

Four easy steps fact sheet

If you're an adult, take these four easy steps towards a healthy level of physical activity.

1. Think of movement as an opportunity, not an inconvenience.

Technology reduces our level of physical activity, so we need to find ways to bring activity back in to our daily life. This doesn't have to mean finding extra time to do planned physical activities, we just need to think differently. We need to think of movement as essential for our health rather than time-wasting and inconvenient. It's easier than you think...read on to see how.

2. Be active every day in as many ways as you can.

Everyone is busy. Yet being more active doesn't have to be something you go out of your way to do - you can increase physical activity in lots of small ways each day. See how with the Be Active tips.

3. Do at least 30 minutes of physical activity on most, preferably all, days.

It's not as much as it may seem and it doesn't even have to be vigorous or done continuously for 30 minutes to benefit your health. You can break it down into three lots of ten minutes of moderate-intensity activity. Kids need to do more physical activity than adults - they need at least 60 minutes of moderate to vigorous activity each day. Physical activity is important for their growth and development.

4. If you can, also enjoy some regular, vigorous exercise for extra health and fitness.

Regular vigorous physical activity (the stuff that makes you huff and puff), if done 3-4 times a week (on top of your 30 minutes a day of moderate-intensity activity), can provide adults with a higher level of fitness and extra health benefits such as helping to protect against heart disease.