



# PHYSICAL ACTIVITY

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated July 2024

### WHY IS IT IMPORTANT?

Being physically active can help prevent and manage long term health conditions. For example, it can reduce joint pain caused by arthritis, ease breathlessness in people with COPD and delay the progression of osteoarthritis. It keeps our heart healthy, helps us maintain a healthy weight and improves our sleep. Evidence also shows that being physically active can improve our emotional wellbeing and reduce symptoms of depression and anxiety. And remember, you don't need to join a gym to be active. We've put together this list of resources to give you some ideas.

<p><a href="#"><u>NHS Fitness Videos</u></a>  <a href="#"><u>NHS Live Well 10 Minute Workouts</u></a>  <a href="#"><u>NHS Live Well gym free workouts</u></a></p>	<p>NHS Fitness Studio: free online fitness videos, aerobics, pilates and yoga videos and condition specific videos.</p>
<p><a href="#"><u>Crystal Palace Physios</u></a>   <b>Contact: 020 8778 9050</b></p>	<p>From 3rd April 2018, if you are a registered with a Bromley GP and are 18 years or older and have back, neck, joint or general muscle problems you can now self-refer to physiotherapy without a GP appointment.</p>
<p><a href="#"><u>Physical Activity Guidelines for Adults</u></a></p>	<p>NHS Physical activity guidelines for adults aged 19-64 and 65 plus.</p>
<p><a href="#"><u>Mytime Active</u></a></p>	<p>Provides a variety of classes for over 60s.</p>
<p><a href="#"><u>Be Active In Bromley</u></a></p>	<p>Information about local cycle routes, outdoor gyms, parks and outdoor spaces and clubs and classes locally.</p>

### WHAT SHOULD YOU DO?

#### DO A VARIETY OF ACTIVITY

We need a variety of activities to help build and maintain our stamina, our strength, our flexibility and our balance.

#### BREAK UP SEDENTARY TIME

A sedentary lifestyle (sitting or lying with low energy expenditure) can be detrimental for many reasons. Inactivity can increase your risk of Type 2 Diabetes, Cardiovascular Disease etc. Any movement can break this up including chair based exercise.

#### MAKE SMALL CHANGES OVER TIME

We want physical activity to be part of our daily lives so doing things like taking the stairs or making sure you take a break every hour to stretch etc can be really important.

#### START NOW

The sooner you start being physically active the sooner you can see some of the benefits.

**To register with Bromley Well:  
Freephone 0808 278 7898  
Or register online:  
[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct  
07985 431484 / 07985 444210  
or email  
[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**