



## Why is it important?

Being physical active can help prevent and manage long term health conditions. For example, it can reduce joint pain cause 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.

### **NHS Fitness Videos**

[www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)

### **NHS Live Well 10 Minute Workouts**

[www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)

### **NHS Better Health - tips on getting active**

[www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

NHS: free online fitness videos, condition specific videos, tips and workouts.

### **Physical Activity Guidelines for Adults**

[www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/)

NHS Physical activity guidelines for adults aged 19-64 and 65 plus.

### **Mytime Active**

[www.mytimeactive.co.uk/](http://www.mytimeactive.co.uk/)

Provides a variety of classes for over 60s.

### **Be active in Bromley**

[www.bromley.gov.uk/health-wellbeing/active-bromley](http://www.bromley.gov.uk/health-wellbeing/active-bromley)

Local cycle routes, outdoor gyms, parks and outdoor spaces.

## 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)**