



# Get Active

## Factsheet

# Get Active

## *The benefits of fitness*



# Get Active

## *Feeling fit*

### *Reducing your risk...*

#### **Being active reduces your risk in:**

- Coronary heart disease and stroke by - 35%
- Type 2 diabetes - 50%
- Colon cancer - 50%
- Breast cancer - 20%
- An early death - 30%
- Osteoarthritis - 83%
- Hip fracture - 68%
- Fall in young adults - 30%
- Reduce chances of depression by - 30%
- Dementia - 30%

Physical activity produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity for the hormone's serotonin and norepinephrine, which relieve feelings of depression.

Exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain. It can also reduce symptoms in people suffering from anxiety.

### *Exercise and Sleep*

Regular physical activity, regardless of aerobic or resistance training can help you sleep better and feel more energised throughout the day. One study found that 150 minutes of moderate-to-vigorous activity per week can provide up to a 65% improvement in sleep quality.

### *Get a boost...*

#### **Being active boosts:**

- Self esteem
- Sleep quality
- Mood
- Energy
- Productivity
- Skin – reduces signs of aging
- Brain health and memory
- Promote better sex life

**F** EEL GOOD  
**I** NTENSITY  
**T** ONED  
**N** OTICEABLE  
**E** XERCISE  
**S** TRENGTH  
**S** TAMINA



# Get Active

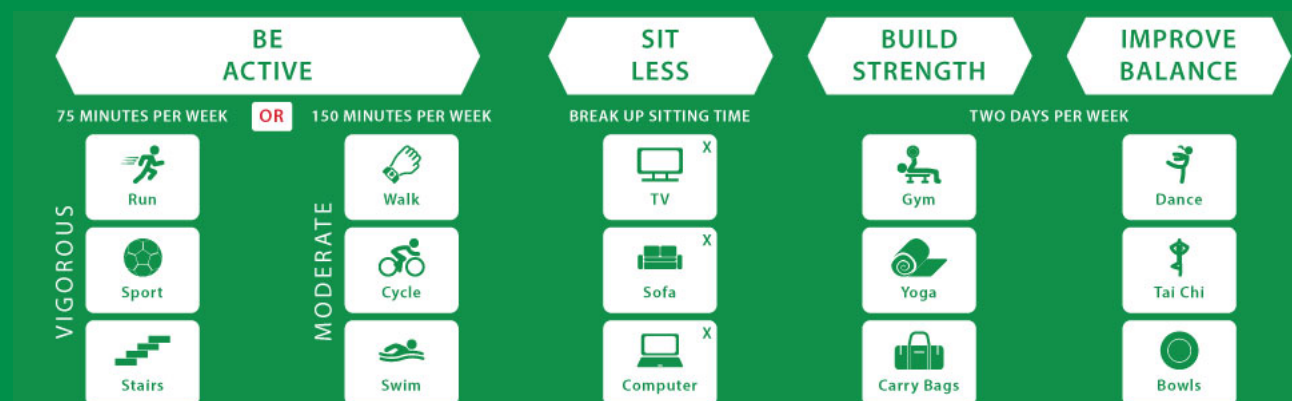
## *The benefits of exercise*

Physical activity isn't just important for your physical health, it's also extremely important for your mental health and wellbeing.

The UK Chief Medical Officers' Guidelines recommend each week adults do:

- At least 150 minutes moderate intensity activity, 75 minutes' vigorous activity, or a mixture of both.
- Strengthening activities on two days.
- Reducing extended periods of sitting.

## *What should you do?*



Other examples of moderate intensity aerobic activities include: Walking fast, playing double tennis, pushing a lawn mower.

## *Benefits* for adults and older adults

- + BENEFITS HEALTH
- ☾ IMPROVES SLEEP
- 📏 MAINTAINS HEALTHY WEIGHT
- ♥ MANAGES STRESS
- 😊 IMPROVES QUALITY OF LIFE
- 🦠 PREVENTS DISEASE
- 💬 IMPROVES MENTAL HEALTH
- 💬 SOCIAL ENGAGEMENT
- ⚙️ IMPROVED COGNITIVE FUNCTION
- ↓ DECREASED RISK OF FALLS

**Make exercise a priority and a habit in your daily life.**

In the ageing population, exercise has been shown to lower the risk of falls, improve mental health and well-being and strengthen social ties.

# Get Active

## *Exercise and your brain...*

Exercise increases your heart rate, which promotes the flow of blood and oxygen to your brain.

It can also stimulate the production of hormones that can enhance the growth of brain cells.

Exercise has been shown to cause the hippocampus, a part of the brain that's vital for memory and learning, to grow in size. This serves to increase mental function in older adults.



## *Benefits of activity for mental health*



### *Activity*

- Help with anxiety
- Help with mild depression
- Greater self esteem
- Feel like you have greater self-control
- Greater ability to rise to a challenge
- Exercising with others can increase social contact
- Increase your mood
- Improve sleep patterns
- May also change levels of chemicals in the brain  
e.g. serotonin, endorphins, and stress hormones
- Better sleep
- Stronger resilience

## *How to get started if you have any mental health problems:*

### **Start small...**

always remember something is better than nothing - set yourself realistic and achievable goals.

### **Choose an activity you enjoy...**

whatever gets you moving more; it all counts.

### **Exercise with others...(at a safe distance)**

this can be more fun and enjoyable and help motivate you to stick to it.

### **Choose the time of day when your energy is highest...**

this may be first thing in the morning, afternoon or evening, or even the weekend.

A website to help get you started and some useful information: <https://www.mind.org.uk>

# Get Active

## *The benefits of exercise to our skin*

Our skin can be affected by the amount of oxidative stress in your body. Oxidative stress occurs when the body's antioxidant defences cannot completely repair the damage that free radicals cause to cells. This can damage their internal structures and **deteriorate your skin**.

Even though intense and exhaustive physical activity can contribute to oxidative damage, **regular moderate exercise** can increase your body's production of natural antioxidants, which help protect cells. In the same way, exercise can stimulate blood flow and induce skin cell adaptations that can **help delay the appearance of skin aging**.



### **The benefits of exercise to our skin:**

- Increased blood flow helps nourish skin cells
- Increase your body's production of natural antioxidants, which help protect cells
- Can help delay the appearance of skin ageing
- Can ease skin conditions that are triggered by stress

If exercising outdoors, minimise sun exposure by avoiding peak sun times between 10am and 4pm. Always wear sunscreen and appropriate clothing to protect you from the sun or exercise in a cool environment.

### **The benefits of exercise to improve the immune system:**

- Improves blood flow through the cardiovascular system
- Supports flushing toxins and germs from the body through the excretory system via urine and sweat
- Helps relieve mental and emotional stress linked to suppressed immunity and increased illness

### **The benefits of exercise and weight loss:**

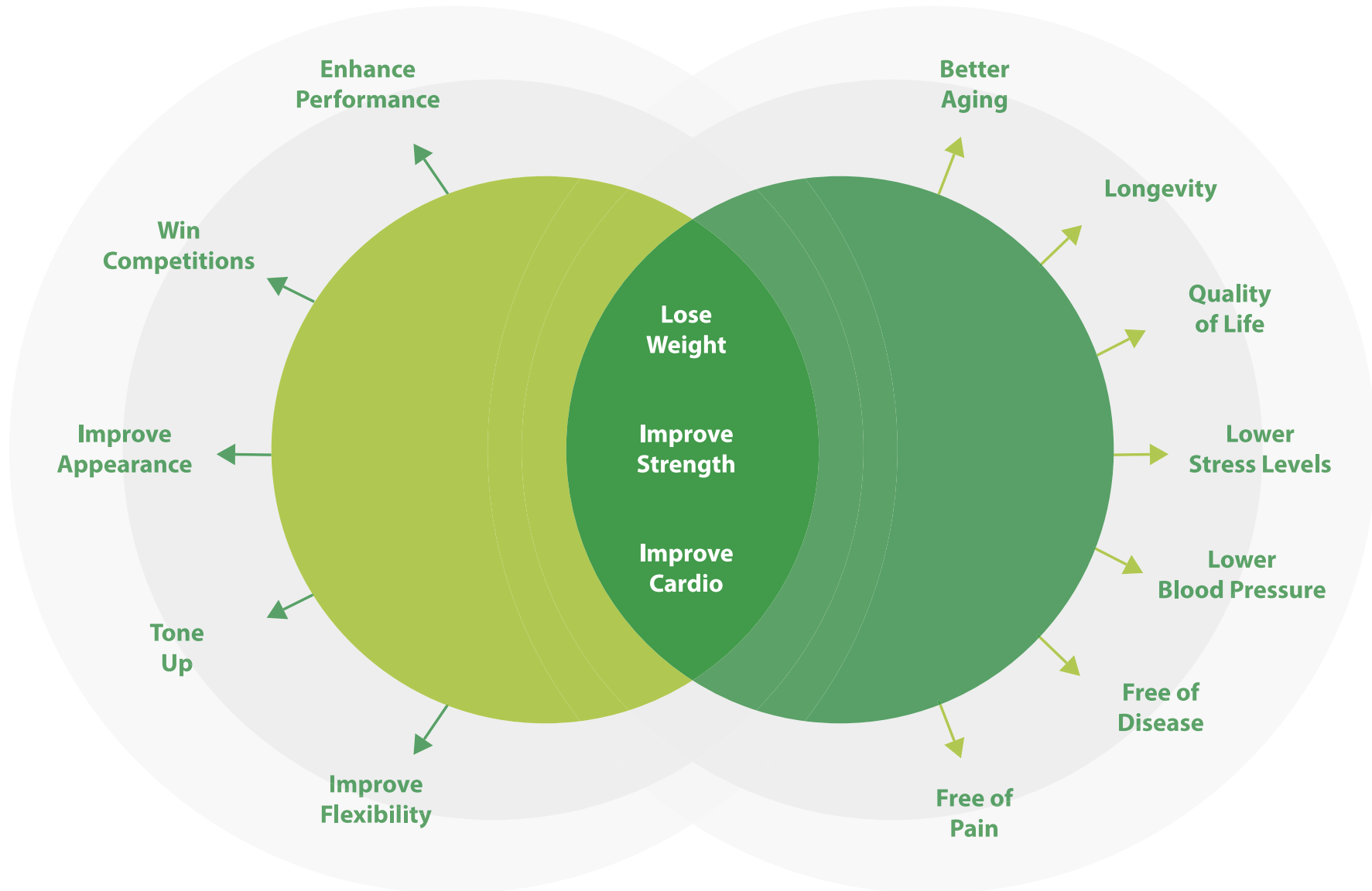
- Supports with weight loss and weight maintenance
- Increases metabolism and calories burnt
- Improved mobility
- Improved heart health and general health

### **The benefits of exercise and bone density:**

- Increased bone mineral density and muscle mass
- Protection against bone loss
- Reduced inflammation
- Improved balance

# Get Active

## *Fitness versus health*



# Get Active

## Take the challenge

Start the Active Hours Challenge and log how many minutes or hours of exercise you do per day. You can either race against yourself on a weekly basis or compete against colleagues in your work-place.

Try some of our challenge tips to keep active:

### 1 Walk

Walk a mile at lunchtime and enjoy the fresh air.

### 2 Morning Workouts

Morning workouts – try doing a 10-minute workout at home - Squats, Press Ups, Bridges, Tricep Dips, Crunches, Planks (warm up 2-3 minutes jogging/marching on the spot).

### 3 The Stairs

Walk/Run up and down the stairs 10 times - record how long it takes.

### 4 Skipping

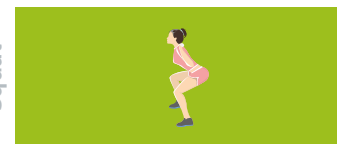
All you need is a skipping rope - challenge yourself to do a minute every hour of your working day.

### 4 Alphabet Workout

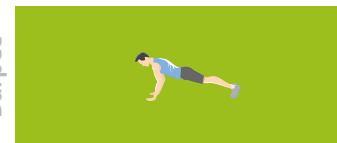
Spell your name from the letters below and complete all the exercises that correspond to each letter. Don't forget if you have a letter more than once you have to repeat the exercise more than once! Time how long it takes. Warm up by jogging or marching on the spot to start for 2-3 minutes.

<b>A</b>	10 Squats	<b>N</b>	10 Star Jumps / Squat Stars
<b>B</b>	10 Burpees / Burpee Walkout	<b>O</b>	10 Lunges (5 each leg)
<b>C</b>	30 seconds Lunges	<b>P</b>	30 seconds Squats
<b>D</b>	20 Press Ups	<b>Q</b>	5 Press Ups
<b>E</b>	30 seconds Crunches	<b>R</b>	20 Crunches
<b>F</b>	A way to log the active minutes	<b>S</b>	20 Burpees / Burpee Walkout
<b>G</b>	20 Lunges (10 per leg)	<b>T</b>	20 Squats
<b>H</b>	30 seconds Burpees / Burpee Walkout	<b>U</b>	10 Crunches
<b>I</b>	10 Press Ups	<b>V</b>	30 seconds Star Jumps / Squat Stars
<b>J</b>	20 Star Jumps / Squat Stars	<b>W</b>	40 Lunges (20 each leg)
<b>K</b>	5 Squats	<b>X</b>	30 seconds Press Ups
<b>L</b>	5 Burpees / Burpee Walkout	<b>Y</b>	5 Crunches
<b>M</b>	20 seconds Plank Hold	<b>Z</b>	30 seconds Plank Hold

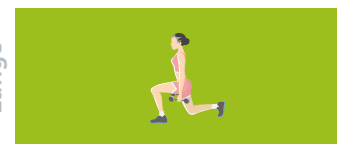
Squat



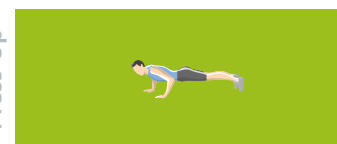
Burpee



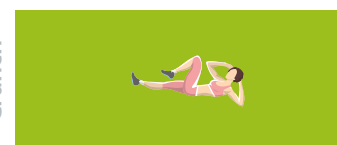
Lunge



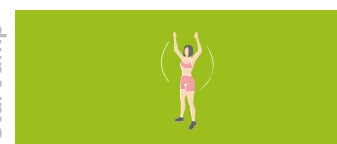
Press-Up



Crunch



Star Jump





greencore  
group

