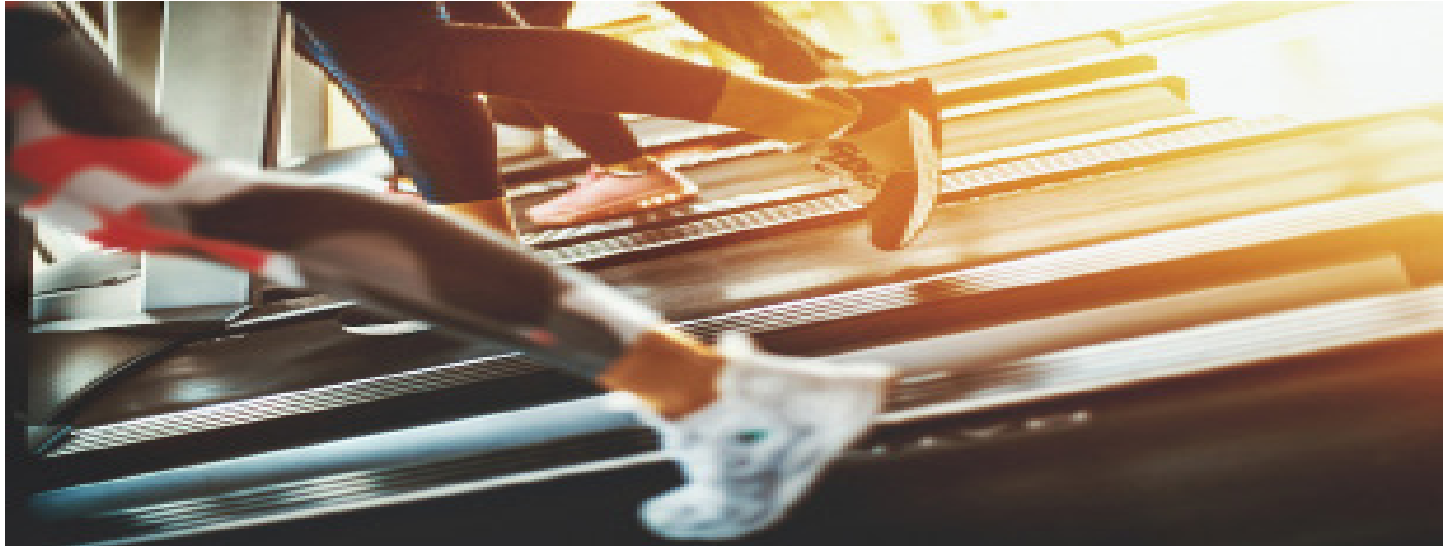


# Your Health

## IT'S TIME TO GET ACTIVE!



UK government guidelines for exercise in the 19-64 year old age group is 150 minutes of moderate aerobic exercise per week in bouts of 10 minutes or more each session. Moderate exercise can include anything from brisk walking, riding a bike or mowing the lawn. This should include regular muscular strength exercises for all the major muscle groups at least two times a week. Let's get started!

### ***Why should I exercise?***

Exercise has been shown to reduce the risk of major illnesses including heart disease, stroke, type 2 diabetes and decrease the risk of some cancers by up to 50%. Exercise can also reduce the risk of premature death by 30%, Alzheimer's disease and dementia and can help reduce stress and depression symptoms. (NHS Livewell) Being regularly physically active improves the quality of sleep and can help boost our mood.

### **ITS TIME TO GET ACTIVE!**

#### **Tips to increase your physical activity without realising:**

**T – TALK** to people face to face by going to see them at their desk or meet them rather than sending a text/email/call. Start walking meetings, turn away from technology and be present with people and your life

**I – INCLUDE** your family or friends to motivate you to try different activities. Go to the park, walk the dog, jump on a trampoline, do some gardening. The more activities you try, the more likely you are to find something you enjoy and will want to keep doing it without even realising.

**P – PREPARE** yourself for activity. If you have a sedentary job such as office work, use a small glass rather than a bottle of water on your desk so you constantly need to stand up, walk away and refill your glass. Prepare to walk that extra little bit by getting off the bus/train the stop before your destination. The more we prepare ourselves the less demanding the task will be and the benefits outweigh the extra effort.

**S – SUSTAIN, SURVIVE and STAY alive!** Find what works for you and continue to practice this throughout your life. Variety is the key! The more you repeat physical activity, the more benefits you will see in your body.

#### **Using up Calories**

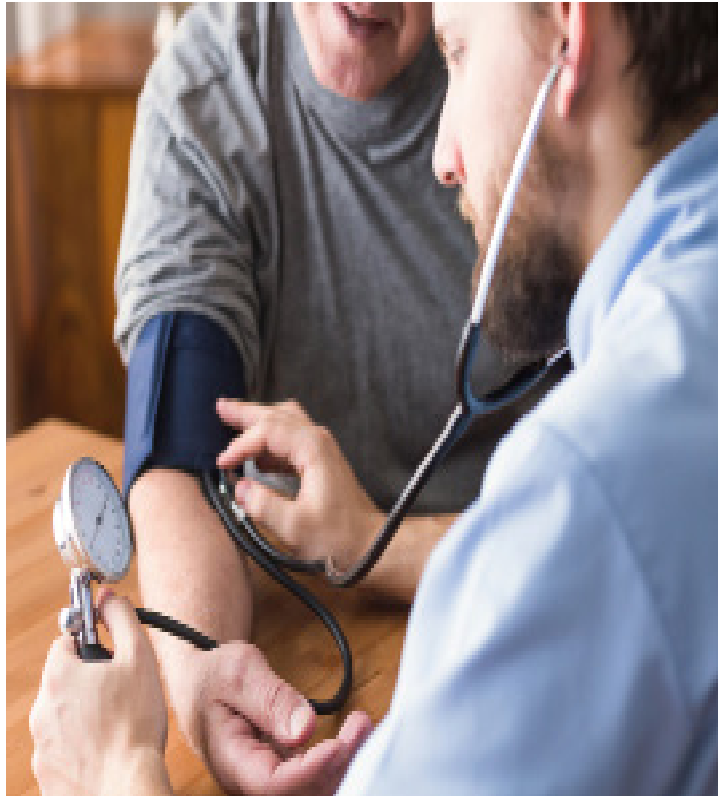
One example of a calorie calculator is the World Cancer Research Fund on-line tool ([www.wcrf-uk.org/uk/here-help/health-tools](http://www.wcrf-uk.org/uk/here-help/health-tools)) and select the tool - which works out the approximate calories used dependent on your weight, the type of activity and the time spent exercising. See what uses the most calories for the activities you enjoy doing!

## Blood Pressure

Up to 7 million people in the UK are living with undiagnosed high blood pressure, without knowing they are at risk. The only way to know whether you have high blood pressure is to have it measured. Everyone should know what their blood pressure is. We recommend that everyone over the age of 40 gets their blood pressure taken by a nurse or doctor as part of a health check to assess their risk for getting cardiovascular disease. Your GP or your OH provider can offer a blood pressure check.

*High blood pressure – or hypertension – means that your blood pressure is consistently higher than the recommended level.*

*High blood pressure is not usually something that you can feel or notice, but over time if it is not treated, your heart may become enlarged making your heart pump less effectively. This can lead to heart failure.*



### Why do I have high blood pressure?

There isn't always an explanation for the cause of high blood pressure, but these can play a part:

- Not doing enough physical activity
- Being overweight or obese
- Having too much salt in your diet
- Regularly drinking too much alcohol or
- Having a family history

Even if you don't have high blood pressure, making some simple lifestyle changes may help prevent you developing it in the future.

### What can I do to reduce my blood pressure?

If your doctor or nurse says you have high blood pressure, they are likely to encourage you to make some lifestyle changes to help reduce it. This may include:

- ✓ Increasing your physical activity
- ✓ Losing weight
- ✓ Reducing the salt in your diet
- ✓ Cutting down on alcohol
- ✓ Eating a balanced, healthy diet.

If your blood pressure is very high or the advised lifestyle changes do not make significant changes, your doctor is likely to prescribe medication to control it and to reduce your risk of having a heart attack or stroke.