

YOUR HEALTH

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LET'S GET MOVING!

To stay healthy or improve health, adults need to do two types of physical activity each week: **aerobic** and **strengthening** exercises. Adults aged 19 to 64 should try to be active daily and should do:

- At least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week AND strengthening exercises on two+ days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
OR
 - 75 minutes of vigorous aerobic activity such as running or a game of tennis every week and strengthening exercises on two or more days a week
OR
 - A mix of moderate and vigorous aerobic activity every week and strengthening exercises on two or more days a week.
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A good rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity. One way to do your recommended 150 minutes of weekly physical activity is to do 30 minutes on five days every week. All adults should also break up long periods of sitting with light activity.

TIPS FOR YOUR 150 A WEEK

- You know it's for your health - so enjoy it and make time for exercise
- Every little bit helps. Even moderate exercise - ten minutes vacuuming - can be counted, for example
- Mix it up! As noted above, you can do a combination of moderate and vigorous activity to get your quota
- Have fun! Take a brisk stroll with colleagues at lunch or join a walking group
- Track your progress - there are plenty of apps out there or use a wall chart.



WHY EXERCISE?

Low physical activity is one of the top ten causes of disease and disability in England. Regular physical activity can help to prevent and manage over 20 chronic conditions and diseases, many of which are on the rise and affecting people at an earlier age, such as:

- Dementia by up to 30%
- Cardiovascular disease by up to 35%
- Depression by up to 30%
- Type-2 diabetes by up to 40%.

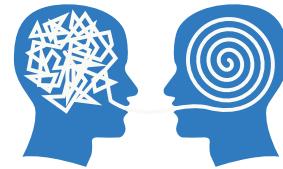
Sources: NHS, Public Health England, Mental Health Foundation, Blood Pressure UK

TIME TO TALK

February 7th is Time to Talk Day, bringing the UK together to get talking and break the silence around mental health.

- It's important - one in six people in the last week experienced a common mental health problem
- And one in four of us will experience a mental health problem this year
- Yet, so many people are still afraid to speak about their mental health problems for fear of stigma
- Take the mental health & stigma [quiz](#) or <https://www.time-to-change.org.uk/mental-health-quiz>

Let's get [talking about mental health!](#)



How can I help? Tips on supporting people with mental health problems:

- Listen: give them space and time to talk
- Offer reassurance that they are not alone and you will be there to help
- Stay calm: show them they can talk without openly upsetting you
- Be patient: let them set the pace for the conversation and seeking help
- Don't assume you know the answer
- Offer some practical help: can you give them a lift, help with shopping, etc?
- Keep contact: involve your friend in social gatherings or just call for a chat
- Look after yourself and make sure you don't become unwell.

For more information see www.mind.org.uk

ALL ABOUT BLOOD PRESSURE

Blood pressure is the pressure of blood in the arteries. If your blood pressure is too high it can narrow the arteries and blood vessels in your body and this can lead to damage to the brain or heart.

What do the numbers mean?

Your blood pressure numbers show how hard your blood is pushing against the sides of your blood vessels (arteries) as it travels round your body. The ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg.

How to lower your blood pressure

- Cut down on salt
- Increase your fresh fruit and vegetables. Aim to eat at least five, or better still,

seven to nine different portions a day. Fruit and vegetables contain potassium that counters the effect of salt and helps to lower blood pressure

- Drink alcohol in moderation. No more than 2-3 units per day for men and women, or 14 units a week
- Increase your level of activity. Build in 30 minutes of moderate activity at least five times per week (your magic 150!)
- Lose weight if you need to. Your doctor/nurse/occupational health provider will be able to tell you your ideal weight. Excess weight puts extra strain on your heart and your arteries.

