



# PHYSICAL ACTIVITY

'Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate and vigorous intensity physical activity will improve your health'

What are the benefits of regular physical activity?

- reduce your risk of a heart attack.
- manage your weight better
- reduce the risk of lower blood cholesterol level
- reduce the risk of type 2 diabetes and some cancers
- reduce blood pressure
- stronger bones, muscles and joints & lower risk of developing osteoporosis

## TIPS TO THINK ABOUT

1

**Make small changes** - Increases in daily activity can come from small changes made throughout your day, such as walking or cycling instead of using the car, getting off a train or bus a stop earlier and walking the rest of the way, taking the stairs instead of the lift or walking at break times. Try our free Walk for health sessions every Monday & Wednesday at 1pm.

3

**Make time** - Remember short 5-10 minute blocks of activity are just as effective as longer sessions so if you have a busy schedule, try spreading bursts of activity throughout the day.

2

**30 minutes is all you need** - You should aim for at least 30 minutes of physical activity every day, trying to minimise the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible.

4

**Make it social** - Plan activities that involve your family and friends. This not only keeps you connected to others but will help motivate you to get moving and stay on track with any goals!



# PHYSICAL ACTIVITY Q&A

Here are some of our most asked questions we receive from our members, if you would like to ask our fitness team a question then send it to us at – [fcon@liv.ac.uk](mailto:fcon@liv.ac.uk)

## TIPS TO THINK ABOUT

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**Q** I don't do any physical activity at the minute. What's the best way to get started?

**A** Why don't you try increasing the amount of walking you do. We have some great free walk for health sessions which you can take at your own pace, whilst talking with other like-minded people and also get any help and advice from our walk leaders. Interested? Book your free place [here](#).

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**Q** Am I too old to get involved?

**A** You're never too old to get moving, get stronger and improve your health. Fitting physical activity into your daily routine can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness.

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**Q** I have always wanted to try one of your classes but don't feel confident enough, what would you recommend?

**A** All of our classes have a maximum attendance on them so never feel over crowded. The class instructors will offer different options in a friendly welcoming environment, to ensure you don't need to feel pressured to work too hard as a beginner. During 'Get Active' week there will be lots of people in the same position, hopefully we can help encourage each other to get involved.

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**Q** My days are really busy, I struggle to make time for physical activity. Can you help?

**A** We would advise making it part of your daily routine. The 30 minutes recommended can be split up, it doesn't have to be all in one go. You could aim to do 10minutes in the morning, 10 minutes at lunch time and 10minutes after work.

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**Q** I feel really anxious especially about using a gym, can you help?

**A** Don't put pressure on yourself to feel the need to use a gym, you can increase your physical activity levels in other ways. Maybe start by coming to one of our walks around campus.

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**Q** I am worried about taking my first step into the gym, is there anyone to show me around?

**A** We have staff available to show you around the centre at all times and the gym is a welcoming, friendly environment. You can book in for a tour with one of our consultants by e-mailing [fcon@liv.ac.uk](mailto:fcon@liv.ac.uk) and ask any questions you may have then.