

EXERCISE FACTS

**THE OLYMPICS
WILL SEE OVER 26
DIFFERENT SPORTS
PLAYED DURING THE
19 DAYS OF GAMES.
ANY ONE OF THESE
EVENTS SHOWS
HOW IMPORTANT
EXERCISE IS IN
STAYING HEALTHY
AND ACTIVE.**

Although you might not have the time to train like an Olympian, there are many ways to keep fit.



KNOW
YOUR
FOOD

EXERCISE IS A FUNDAMENTAL PART OF HELPING THE BODY FIGHT DISEASE.

Being more active helps strengthen your heart and bones. A long walk or run can help with depression, posture and even prevent osteoporosis. But when it comes to managing weight and turning the tide on growing obesity levels, exercise is paramount.

60% of men, 50% of women and 25% of children are estimated to be obese in 2050 unless more is done to get people active, and so there are schemes being run all over the country to help people find sports that are right for them.

Exercising with others can take your mind off it being 'exercise' and, like the Olympics, is the real definition of 'healthy competition'.

Adults should aim to do 150 minutes of physical activity per week.

IF TIME IS AN ISSUE...

Try exercise in bursts of 10 minutes, rather than going for the whole half an hour a day in one go.

- **Walk to and from work**, or get off trains/buses a stop earlier and walk quickly the rest of the way – we walk 20% less than we did in 1980
- **Cycle to and from work**, or even part of the way, storing bikes at friends more local to your employer. 70% of all car journeys in the UK are less than 5 miles
- **Swim**, it helps relieve pressure on joints and done at a pace is a great full body aerobic activity



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