# EXERCISE HACK

# WAYS TO INCREASE PHYSICAL ACTIVITY



Start slow & do what you can

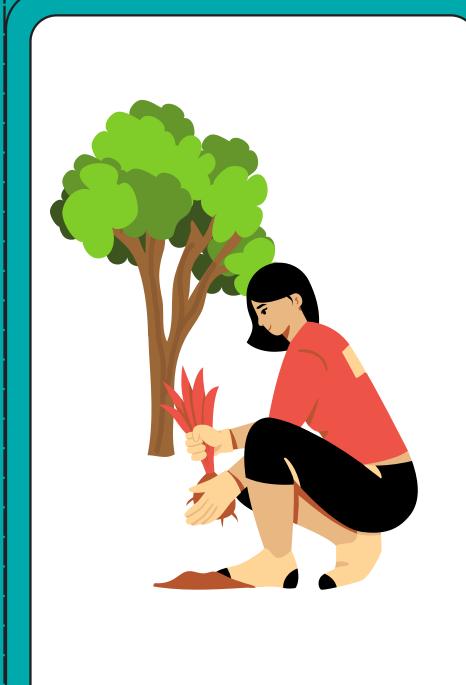
Build up to more activities over time

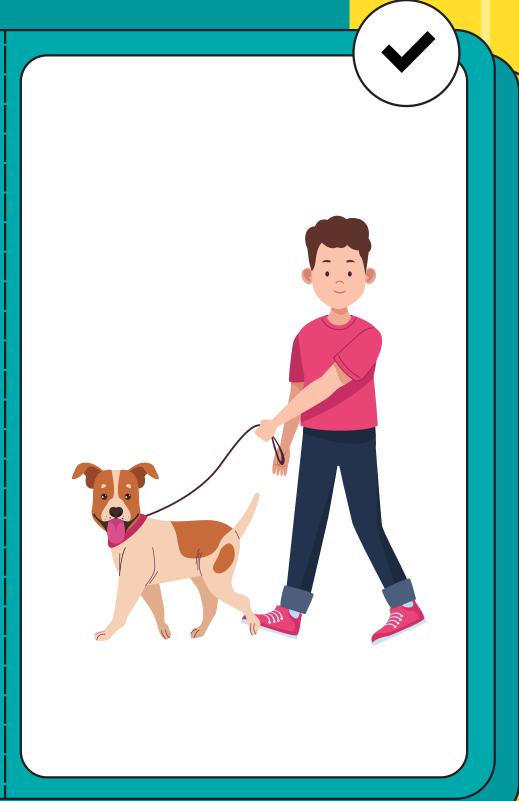
Have a mix of aerobic, strengthening & flexibility exercises

Doing bouts of 10 minutes of activity can be useful

## ALL ACTIVITIES COUNT







#### OVERCOME SEDENTARY BEHAVIOUR



**AND** 



Aim for 10,000 steps per day

Pro Tips!
Climb the stairs
instead of
taking the lift

Consider walking to the eatery to take out instead of ordering in

#### **AEROBIC TRAINING**

150 minutes per week at moderate intensity\*







\*For weight loss: 250 - 300 minutes/week

#### STRENGTH TRAINING

2-3 times per week using moderately heavy load\*



\*Body weight or free weights

### FLEXIBILITY EXERCISES

Daily\*



\*Target upper & lower limb muscles



Scan to register for the Public Webinar on 4 March 2023.

**AND** 



Stand to win Mr Bean vouchers when you participate in our short quiz!

Approach our staff for more details.