

# 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



Sit Less, Stand More, Move More



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

AND

### STRENGTH TRAINING

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



\*Body weight or free weights

AND

### FLEXIBILITY EXERCISES

Daily\*



\*Target upper & lower limb muscles



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



Stand to win Mr Bean vouchers when you participate in our short quiz! Approach our staff for more details.