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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for March 2025

1. What are the benefits of exercise?
2. By how much can it lower your risk of early death?
3. How can physical activity help you?
4. How much activity should adults do?
5. How much activity should people over 65 do?
6. What counts as light activity?
7. What counts as moderate activity?
8. What counts as vigorous intensity activity?
9. How long should a baby be left in a buggy?
10. What shouldn't children & teenagers have in their rooms?



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Answers on the bottom of P2

Benefits of exercise

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. Exercise can reduce your risk of major illnesses such as coronary heart disease, stroke, type 2 diabetes and cancer and lower your risk of early death by up to 30%. Research has also shown that physical activity can boost self-esteem, mood, sleep quality and energy as well as reducing your risk of stress. The UK Chief Medical Officer's Physical Activity Guidelines state that adults should try to be active every day and aim to do at least 150 minutes of

physical activity over a week, through a variety of activities. However, the more you do, the better and taking part in activities such as sports and exercise will make you even healthier.

For any activity to benefit your health, you need to move quickly enough to raise your heart rate, make you breathe faster and feel warmer. This level of effort is called moderate intensity activity. If you're working at a moderate intensity, you should still be able to

talk but you won't be able to sing the words to a song. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you are working



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at this level, you won't be able to say more than a few words without pausing for a breath.

Sedentary lifestyles

People are less active, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of the TV or computer screens. We move around less and burn off less energy than people used to. Research suggests that many adults spend more than 7 hours a day sitting down at work, travelling or in their leisure time. People aged over 65 spend 10 hours or more each day sitting or lying down, making them the most sedentary age group.

Inactivity is described by the Department of Health and Social Care as a "silent killer". Evidence is emerging that sedentary behaviour such as sitting or lying down for long periods is bad for your health. Not only should you try to raise your activity levels, but you should also reduce the amount of time you and your family spend sitting down. Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. The Chief Medical Officer recommends breaking up long periods of sitting with light activity. However, there is currently not enough evidence to set a time limit on how much time people should sit each day.

Ways to reduce sedentary time

In children under 5 the advice is to limit the time they spend watching TV, travelling by car or bus, or being strapped to a buggy. This reflects the growing awareness that early life experiences and habits impact our health as adults.

- Do not leave a

child in a buggy for longer than an hour at a time,

- Reduce time spent in walking aids or baby bouncers and
- Reduce time spent in front of the TV.

For children from 5 to 18 the tips to reduce sitting are:

- ♦ Consider ways for them to earn screen time
- ♦ Agree a family limit to screen time per day
- ♦ Make bedrooms a TV, laptop and phone free zone
- ♦ Set "no screen time" rules to encourage other activities
- ♦ Encourage participation in house chores
- ♦ Choose gifts such as scooters, skateboards, balls etc.

For adults the tips to reduce sitting time are:

- * Stand on the train or bus
- * Take the stairs
- * Set a reminder to get up every 30 minutes
- * Raise your lap top so you work standing up
- * Walk around when you are on the phone
- * Take a walk every time you take a coffee break
- * Walk to a colleague's desk rather than emailing or calling
- * Swap some TV time for more active tasks or hobbies.



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For more advice on this or any health-related problem you may have chat to one of our trained staff

Answers: Q1, You can reduce your risk of major illness like coronary heart disease, stroke, type 2 diabetes and cancer. Q2, 30%. Q3, It can boost your self-esteem, mood, sleep quality and risk of stress. Q4, Try to be active every day and aim for at least 150 minutes over a week. Q5, They should aim to be physically active everyday and do at least 150 minutes of moderate intensity every week. Q6, Making a cup of tea, moving around your house, walking at a slow pace, cleaning and dusting, vacuuming. Q7, Brisk walking, water aerobics, riding a bike, dancing for fitness, hiking. Q8, This makes you breathe hard and fast. Q9, No longer than an hour. Q10, Computer, tv or phone.