

HEALTH / PHYSICAL ACTIVITY / NUTRITION

# The Physical Activity Pill

*If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."*

*-Robert Butler, National Institute on Aging*

GARETH HOGG - BUZZ PARS HEALTH & WELLBEING TEAM

Contact your BUZZ PARS Team:  
Telephone: 0161 271 0505  
Email: [Buzzmanchester@gmail.com](mailto:Buzzmanchester@gmail.com)  
Facebook: BUZZ Manchester Health and Wellbeing

**buzz**  
Manchester  
Health & Wellbeing  
Service

# The Physical Activity Pill



Drug Name: Physical Activity

Also referred to as: Walking, dancing, strength training, jogging, housework, gardening, exercise classes

Dosage: 20 to 30 minutes per day

Frequency: 5-7 days per week

Side effects: Reduced breathlessness, increased muscular strength, improved balance and co-ordination, enhanced mood and well-being, reduced feelings of stress and anxiety

Negative impact: None

**If exercise could be packaged into a pill,  
it would be the single most widely prescribed  
and beneficial medicine in the nation.”  
-Robert Butler, National Institute on Aging**

**buzz**  
Manchester  
Health & Wellbeing  
Service