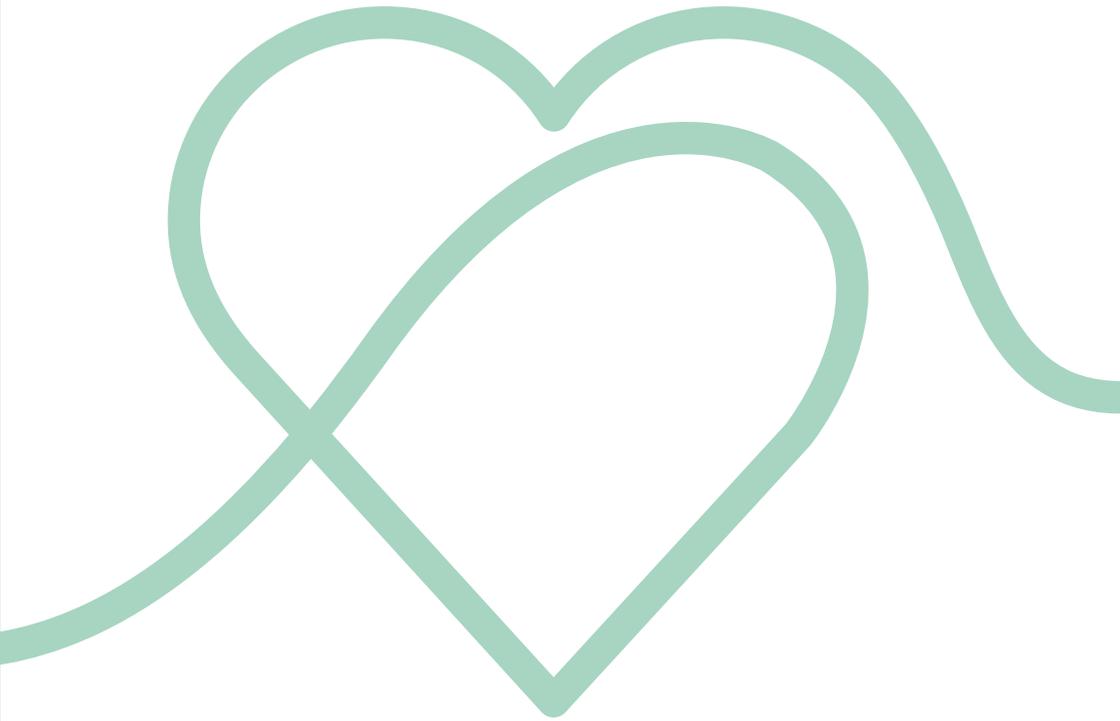


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Manchester  
Health & Wellbeing  
Service



# Your guide to physical activity

How to keep safe, how to keep going

# Physical Activity Referral Service (PARS)

We all need to do some kind of physical activity but sometimes for completely different reasons. Some people might need to exercise to improve a medical condition like Diabetes, or Arthritis, whereas others may need to strengthen the heart after a heart attack.

It is proven that exercise improves your mood, self-esteem and confidence. So if you are feeling blue, physical activity can help you feel better.

Others may simply want to socialize and meet new people by joining a health walk or gentle exercise class.

Whatever your personal reasons for taking part, make time in your daily life to increase your activity levels.

## How much should you do?

The recommended amount of exercise for health benefits is 30 minutes on most days of the week or 150 minutes per week.

## During exercise you should feel:

- A bit warmer
- Slightly out of breath
- Your heart beating slightly faster

Always start slowly and follow your physical activity plan.

## During exercise you should NOT:

- Feel so breathless that you can't talk
- Sweat excessively
- Feel sick or dizzy
- Feel palpitations

## When to stop:

- Stop if you feel pain, unwell or dizzy at any time during activity
- If you feel better, restart the exercise at a lower intensity level
- If you feel unwell again, stop and do not continue with the activity
- Contact your doctor

## General safety

It is important that you:

- Start slowly and increase gradually
- Always warm up as you start to exercise
- Work at your own pace
- Never stop abruptly, always cool down slowly
- Sip water regularly
- Do not participate if you feel unwell
- Allow 2 hours after a big meal before exercising

## Clothing and footwear

- Wear loose fitting clothing that allows full range of movement
- Pay particular attention to your footwear
- Wear sturdy trainers or flat shoes with rubber soles that cover your whole foot and protect and support your ankles
- Slip-on shoes or sandals should be avoided

## Tips

- Try not to sit for long periods
- Try to walk journeys less than a mile
- Get off the bus one stop earlier
- Park as far away as possible from the shops or work
- Exercise with a friends
- Use the stairs instead of a lift
- Be more vigorous with everyday activities like housework

## Motivation

- Break activity down into small, achievable chunks, you don't need to do it all at once. For example 3 x 10 minutes throughout the day
- Choose activities that are fun
- Plan ahead and schedule activities into your week
- Keep an activity diary
- Reward yourself when you have been more active, for example, a magazine, book, or a bath
- Aim for 2-3 structured sessions and build other activities into your daily routine, like walking or housework

