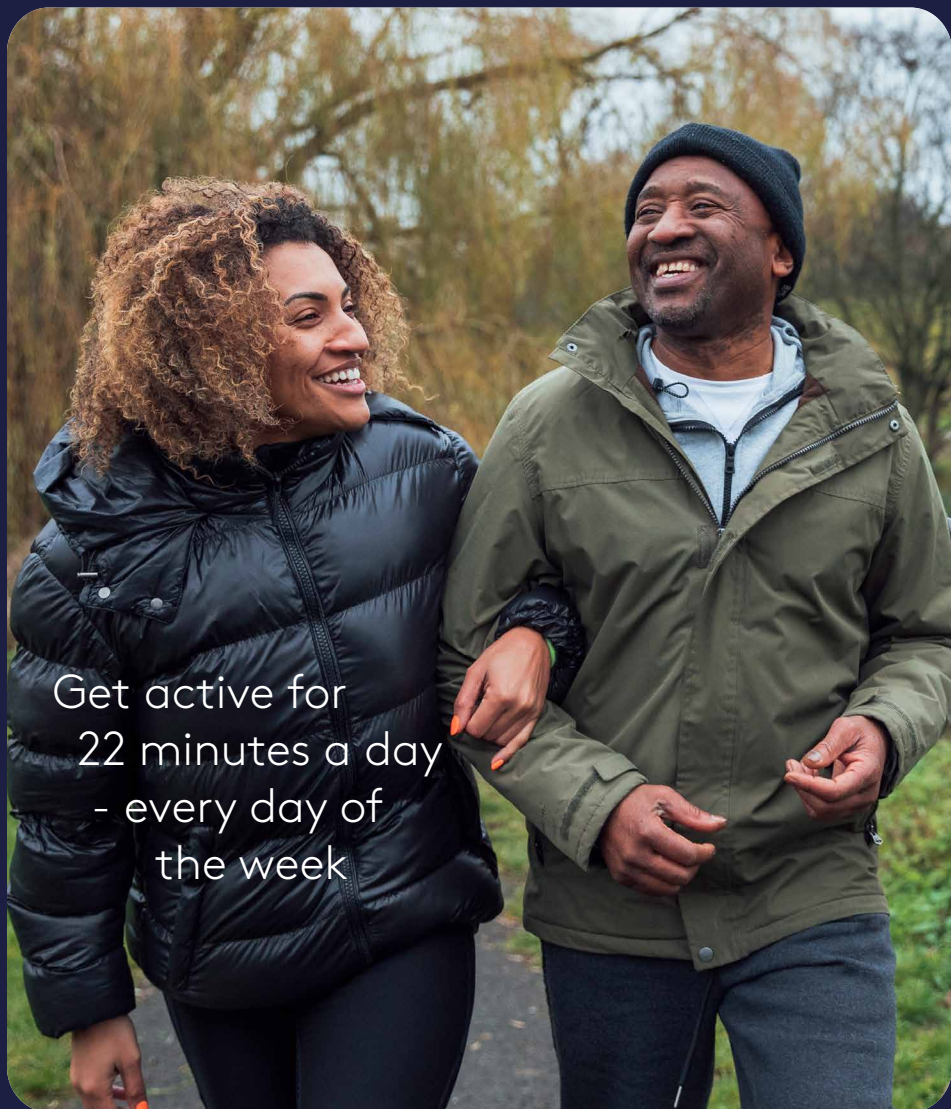


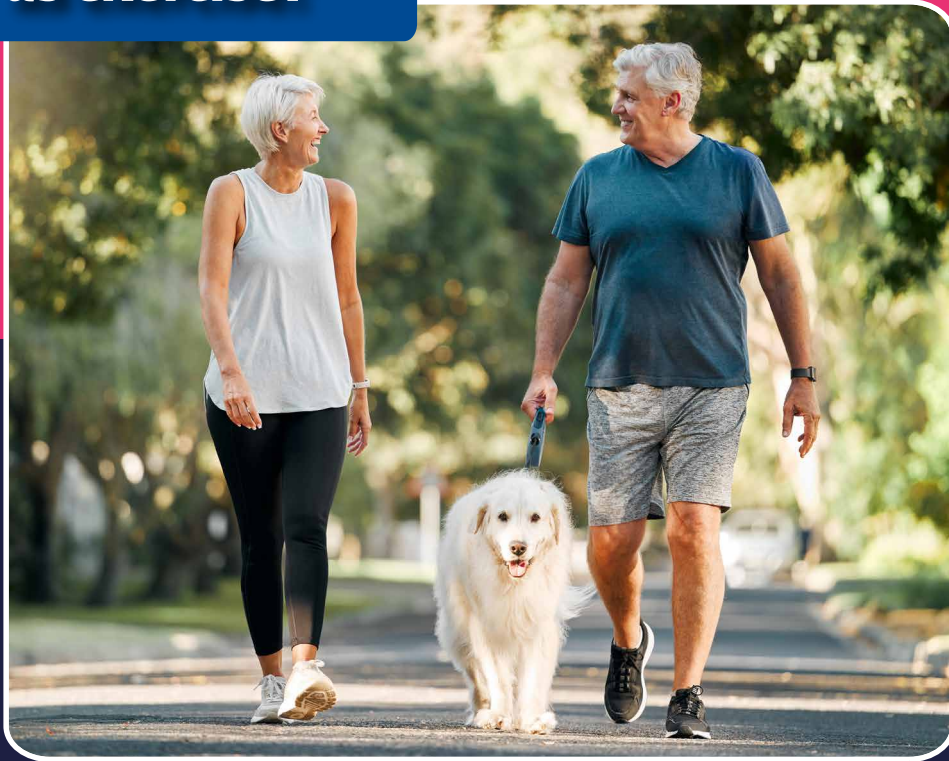
**COME and have
a CHAT today**

**with Wandsworth
Moves Together**



Get active for
22 minutes a day
- every day of
the week

What counts as exercise?



Going to your local park, going to the shops or walking the dog all counts as exercise.

No matter how much you do, physical activity is good for your body and mind.

Adults should aim to do something every day. A daily walk can give you body a boost, lift your mood and make activities easier.

A daily walk can give your body a boost, lift your mood and make activities easier.

Wandsworth has one of the highest number of council-owned parks and open spaces in inner London, so take advantage, go for a walk.

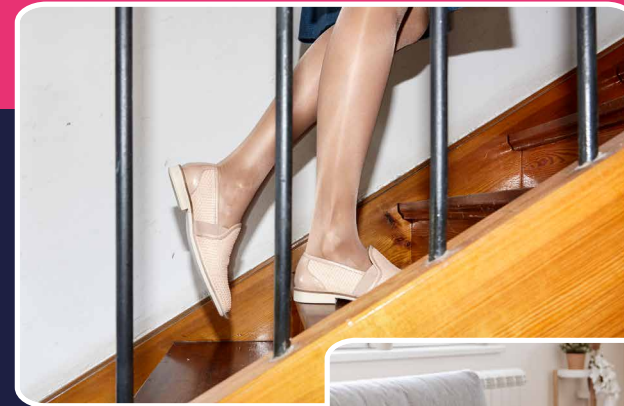


Set Your goals



Download the NHS Active 10 app to track your steps and help set goals. You're more likely to do this regularly if you set a goal.

There are lots of opportunities to do things inside the house, even walking upstairs or hoovering counts as being active.



Enjoy it!



Find something you enjoy. Find an activity you like, and you're much more likely to stick to it. Visit [Wandsworth.gov.uk/healthyifestyle](https://www.wandsworth.gov.uk/healthyifestyle) for some inspiration.

Did you know?

Moderate-intensity exercise is any activity that raises your heart rate, and makes you breathe faster and feel warmer - like brisk walking, dancing, riding a bike or pushing a lawnmower.

One way to tell if you're exercising at a moderate level is if you can still talk but you cannot sing.

Not all of us are naturally sporty and it can be hard to know where to begin.



Start small by finding easy ways to fit more activity into your daily life and build up from there. For example:

- Stand rather than sit when you can on train or bus journeys, or try getting off the bus a stop or two early and walking the rest of the way.
- If you have to drive somewhere, park a little further away than you need to - even the far end of the car park adds a little extra activity.
- Take the stairs instead of the lift or walk-up escalators when you get the chance.
- Get active at home using resistance bands.

Visit [Wandsworth.gov.uk/healthyifestyle](https://www.wandsworth.gov.uk/healthyifestyle) for tips on how to stay active.

I pledge to...

Fill in your Health Pledge here

Take the pledge

Walking to school, the shops or the local park all counts. Pick something you enjoy and you're more likely to stick to it.

Tips provided in this leaflet have been provided by the British Heart Foundation.



[wandsworth.gov.uk/
healthylifestyle](https://www.wandsworth.gov.uk/healthylifestyle)

