

## **YOUR Personalised Exercise Prescription**

Exercise and physical activity can be something that you really enjoy, giving you a goal to aim for and a sense of purpose/achievement. Research has shown a host of benefits from exercise such as...

### **MENTAL HEALTH** benefits:

- ✓ improves sleep
- ✓ a natural energy boost
- ✓ improves self esteem
- ✓ improves mood and motivation
- ✓ reduces anger or frustration
- ✓ improves social skills
- ✓ promotes a healthy appetite
- ✓ reduces tension, stress and mental fatigue

### **PHYSICAL HEALTH** benefits, of up to:

- ✓ 35% lower risk of heart disease
- ✓ 35% lower risk of stroke
- ✓ 50% lower risk of type 2 diabetes
- ✓ 50% lower risk of some cancers
- ✓ 30% lower risk of early death
- ✓ 83% lower risk of osteoarthritis
- ✓ 68% lower risk of hip fracture
- ✓ 30% lower risk of dementia

Evidence suggests we will benefit most if we aim for:

- at least
  - 150 minutes of moderate intensity activity weekly; or
  - 75 minutes of vigorous intensity activity weekly; or
  - several short sessions of very vigorous intensity activity weekly
- spreading exercise evenly over at least 4 to 5 days a week
- reducing time spent sitting or lying down and break up long periods of not moving
- doing a mix of moderate, vigorous and very vigorous intensity activity (if possible)

### **MODERATE ACTIVITY**

15 minutes = 1 point

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples include:

- brisk walking
- hiking
- riding a bike
- dancing
- doubles tennis, badminton
- pushing a lawn mower
- rollerblading

### **VIGOROUS ACTIVITY**

15 minutes = 2 points

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

Most moderate activities can become vigorous if you increase your effort.

Examples include:

- running
- swimming
- riding a bike fast or on hills
- walking up the stairs
- sports like football, rugby and netball
- skipping
- aerobics
- gymnastics

### **VERY VIGOROUS ACTIVITY**

15 minutes = 3 points

Very vigorous activities are exercises performed in short bursts of maximum effort broken up with rest. This type of exercise is also known as High Intensity Interval Training (HIIT).

Examples include:

- lifting heavy weights, circuit training
- sprinting up hills, interval running, running up stairs, spinning

## Over to YOU!

Using the boxes above, fill in the week activity planner overleaf to set yourself an activity target this week. Aim to reach a target of 10 exercise points a week and complete for 10-12 weeks for maximum benefit and sustained lifestyle changes.

Suggestion: start with a small target and build up by 2 points a week until completing at least 10 points a week.

**Remember to make your exercise plan a week in advance and follow the plan not your mood!**



### **Local services:**

Live Life Better Derby: <https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx>

Move More Derby: <https://www.movemorederby.co.uk/trails>

GoodGym: <https://www.goodgym.org/areas/derby>

ParkRun: <https://www.parkrun.org.uk/markeaton/>

LiveWell Derby: <https://www.livewellderby.co.uk/services>

Multiple Derbyshire groups: <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/healthy-and-active-lifestyles/active-lifestyles.aspx>

## **YOUR Weekly Exercise Planner**

Day	Morning	P ✓		Afternoon	P ✓		Evening	P ✓		Total P
<u>Monday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Tuesday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Wednesday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Thursday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Friday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Saturday</u>	Activity Duration			Activity Duration			Activity Duration			
<u>Sunday</u>	Activity Duration			Activity Duration			Activity Duration			
<b>P = exercise points</b>							<b>Total</b>			