

This book is part of a series of Easy Read Information guides from People First.

They are designed to help you to be informed, so that you can live your Best Life.

Look out for our other guides.

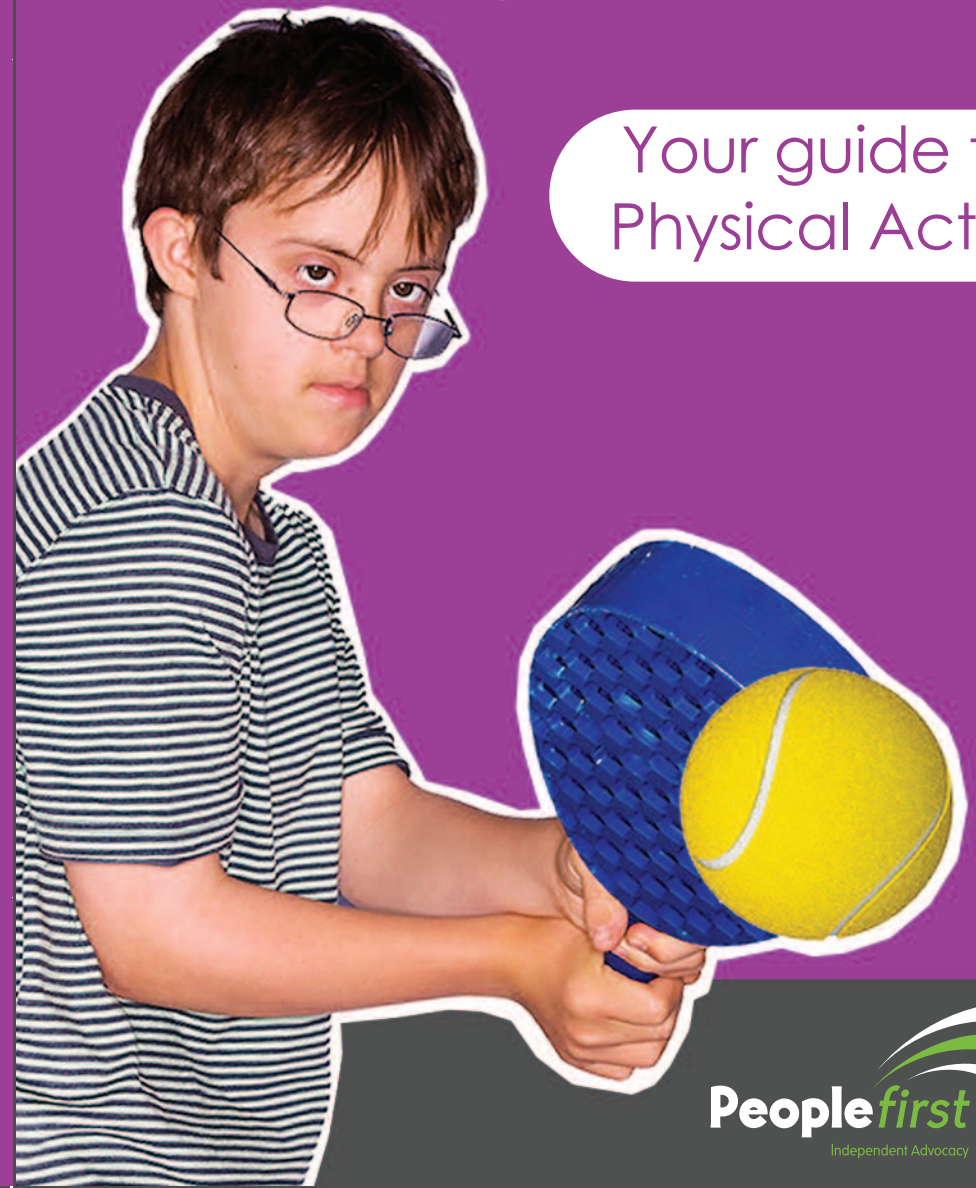


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# Being Active

Your guide to a  
Physical Activity



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I have placed this at the front rather than the back so that 'topics' are viewed on page spreads



## What is physical activity?

Physical activity is any movement of the body that:



Uses energy;



Makes us feel warmer;



Makes us breathe heavier.



**It is important to know that our bodies were made to move!**

Physical activity can improve your life.



It can give you stronger bones and muscles



It can improve your health



It can help you to have less stress



It can give you more energy



It can make you feel happier



It can help you lose weight

## There are many types of physical activity:



Walking



Jogging



Swimming



Cycling



Climbing Stairs

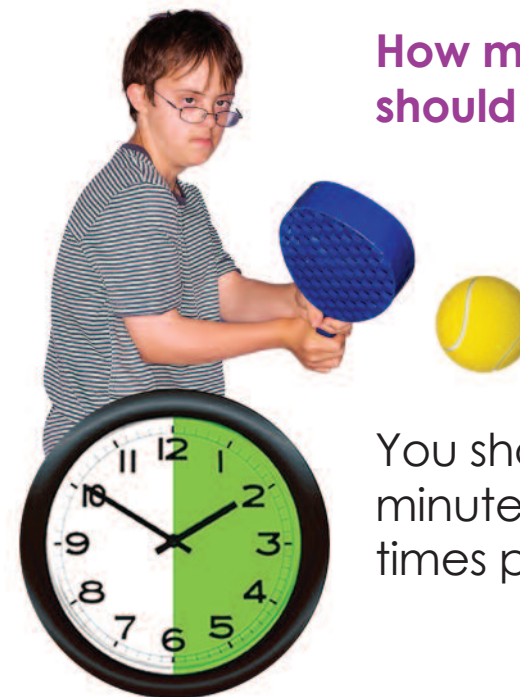


Gardening



Housework

How much physical activity should I do?



You should do about 30 minutes of physical activity five times per week.

## How do I start doing physical activity?

Fit it into your life!

Get off the bus one stop earlier



Use the stairs more



Don't sit around for a long time



Walk to your friend's house



Go walking or on a bike ride with friends



Spend 20 minutes a day cleaning your house or flat

Can you think of another activity to add in this space Kevin?

## Guidelines for getting started



Start slowly at a comfortable pace



As you get better, exercise more times per week or work a bit harder



Try and do something everyday, even if it's only for five minutes



Do lots of different activities



## How to do physical activity safely

If you are currently taking medication, see your doctor before taking any exercise.



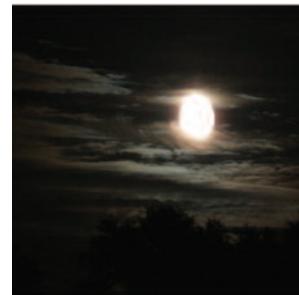
Start slowly and build up as you feel more comfortable.



When exercising, remember to stop if you feel a lot of pain, feel sick, feel dizzy or are very tired.



Never exercise if you are ill or injured.



Don't do exercises such as walking and cycling at night when it's dark.