

Learning South Leicestershire School Sports Partnership Health and Well-being Newsletter November 2019- The Importance of Physical Activity



People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen.

Physical activity is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

The benefits of regular physical activity include controlling weight, regulation of blood pressure, reduce the risk of depression, helps prevent cancers and strengthens the heart (NHS,2019).

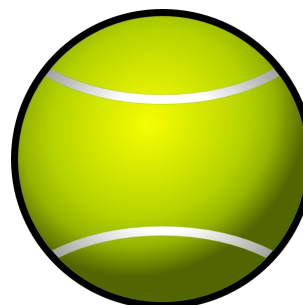
To find out more information visit: <https://www.nhs.uk/live-well/exercise/>

Physical Activity for Children and Young People

To maintain a basic level of health, children and young people aged 5 to 18 need to achieve their physical activity guidelines.

A copy of the physical activity guidelines are attached to the next page.

Adults (aged 19-64) have different physical activity guidelines. An infographic about physical activity for adult is also attached to the next page



Fascinating Fact– According to the Active Lives Survey 2018-2019 just 18.1% of children and young people in Leicestershire met the physical activity guidelines.

Sports Joke- Why didn't the dog want to play football?..... It was a boxer!

To find a local sports club or physical activity session

visit <https://www.lrsport.org/getactive>

For more information about the Learning South Leicestershire School Sports Partnership visit <http://learningsouthleicestershiressp.org.uk>

Physical activity for children and young people (5–18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	IMPROVES HEALTH & FITNESS	IMPROVES SLEEP
IMPROVES CONCENTRATION & LEARNING	IMPROVES HEALTH & FITNESS	MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong **Move more**
INACTIVITY

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes -40%
Improves sleep		Cardiovascular disease -35%
Maintains healthy weight		Falls, depression etc. -30%
Manages stress		Joint and back pain -25%
Improves quality of life		Cancers (colon and breast) -20%

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

to keep muscles, bones and joints strong

Build strength
on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Stairs, Sport, Bowsls, Tai Chi, Dance

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week