



Move more and keep physically active

Never before have your food choices been so important for your health and wellbeing

Find out why at BxANT, we believe keeping active is just as important as diet...



Are you moving as much as you could...

Modern life often means we are more sedentary than is good for us. Building regular exercise and movement into your daily routine helps support both your physical and mental health.



How much weekly exercise should you aim for?



 **150 mins per week (adults)**
60 mins daily (kids)

The recommendation from the World Health Organisation (WHO) for adults is to aim for at least 150-300 minutes moderate, or 75-150 vigorous activity per week + 2 muscle strengthening activities. For children, they recommend 60 minutes aerobic activity daily of moderate-to vigorous intensity.

Why is physical activity important?



Exercise confers a wealth of benefits to our physical and mental health and supports all of the following:

- physical fitness (cardio-respiratory and muscular fitness)
- metabolic health (blood pressure, cholesterol, glucose, insulin resistance, weight management, reduced adiposity)
- cognition (mental performance, executive function)
- mental health (boosts mood)
- bone health

Doing some physical activity is better than doing none.



Build in movement wherever you can, by walking with friends and tracking your steps together, or climbing the stairs instead of taking the lift, enjoying active hobbies, or simply taking little breaks and making an effort to stretch and move more often.