

Black Country Health & Well-being Foundation

Project: Creating Better Chances



سید رزنگ کرم پراہ تہ و جائے یک یتہ رجمان یک معلومات کہ ہو چاہتے آپ اگر 07734 952908

If you want Information translated or explained please ring 07734 952908

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness on the importance of Keeping Active. Thanks to the Government for making this possible.

Keeping Active

Adults are strongly recommended to carry out physical activity every day for the following reasons:

- Any form of physical activity is considered better than none for example walking, cardio etc
- Exercise when done properly helps to control ones weight management and helps to lose excess weight
- Exercise also help to lower many diseases, such as obesity, type 2 diabetes and high blood pressure.
- The application of different exercise activities greatly contributes to improving ones mental health and mood, which in turn helps to improve, thinking, learning and judgmental skills and ward of levels of anxiety, depression and low self-esteem.

In addition to strengthening activities, such as weight lifting, another affective and easy mode of exercise is Aerobics, examples of which include, riding a bike, fast paced walking (power walking), or brisk walking at ones own leisure.

More rigorous and fast paced exercises would include, jogging or running, the use of a skipping rope, gymnastics and fast passed swimming, football and cricket.

When an individual performs any form of exercise activities, the work out increases blood flow through the heart, in turn sending more oxygen to the organs and muscles. This helps to lower blood pressure, heart rate and decreases cholesterol levels.

For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

www.blackcountryhwhf.org.uk

info@blackcountryhwhf.org.uk

Disclaimer: This is a general guidance and it is always recommended to consult your physician or GP should you have any medical condition or are worried about anything in this leaflet



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**