

Get active with friends,
family or colleagues



Why don't you make physical activity a social event and join an exercise club with friends?



Exercise can give you more energy.

Physical activity can help with weight loss.

Exercise can reduce your stress levels.



Doing physical activity could improve your social life.

Exercise can increase your self confidence

The benefits of physical activity are numerous



Physical Activity



for Weight Loss

Evidence suggests that staying physically active can help you lose weight. So why is activity so important for weight loss? We need to consider

ENERGY BALANCE

To **LOSE WEIGHT** we need to make sure that...



the energy going **OUT** is **MORE THAN** the energy coming **IN**
(Through physical activity and other essential bodily functions)



(from food and drink)

To **MAINTAIN** weight we have lost, we need to make sure that...



the energy going **OUT** **EQUALS** the energy coming **IN**



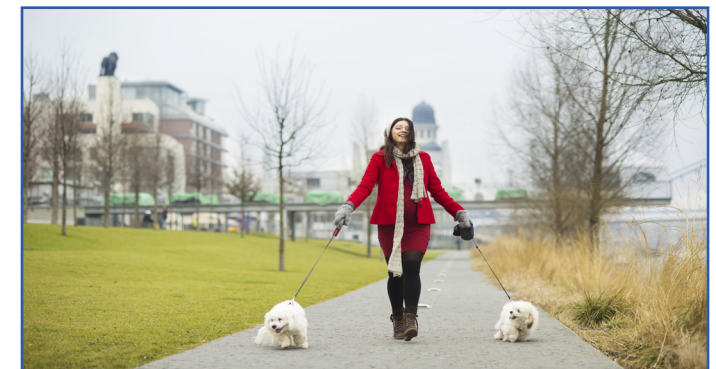
Being active is an effective way to make sure the energy we put into our body (food and drink) does not outweigh the energy that our body uses.

Experts recommend the average adult should do at least 30 minutes of moderate physical activity per day.

Aim to move enough so you are breathing faster and feeling warmer.

Fitting activity into your day **for free!**

- Take the dog for a walk
- Get off the bus a couple of stops earlier and walk
- Take your children to the park
- Watch less TV
- Use the stairs instead of the lift
- Go for a walk instead of sitting down in your lunch break
- Make fun activities like walking, cycling, swimming, aerobics and gardening part of every day.



Break the 30 minutes down into smaller, more manageable chunks if you prefer