



# A JOLLY BACK IS A HEALTHY BACK

## How much should I exercise?

The benefits of exercise and the physical and mental health benefits activity brings are well documented, but how much do we need to do as adults? and what's moderate and vigorous activity?

Here's some NHS-based guidelines for 19- to 64-year-olds to help with ideas and inspiration:

### How much?

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity every week.
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- Break up long periods of sitting with light activity. Think 30:30, every 30 minutes sitting, move and stretch for 30 seconds.

### What is moderate aerobic activity?

- Raises your heart rate and makes you feel warmer. One way to tell if your activity is moderate is if you can still talk but cannot sing the words to a song.

**Ideas:** Walking fast, water aerobics, riding a bike on level ground or with a few hills, doubles tennis, pushing a lawn mower, hiking, skateboarding, rollerblading, volleyball, basketball

### What counts as vigorous activity?

- Makes you breathe hard and fast. If your activity is vigorous, you won't be able to say more than a few words without pausing for a breath.

**Ideas:** Jogging or running, swimming fast, riding a bike fast or on hills, singles tennis, football, rugby, skipping rope, hockey, aerobics, gymnastics, martial arts.

**A good rule of thumb is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity.**

One way to achieve your recommended 150 minutes of weekly physical activity is to do 30 minutes on 5 days every week - break it up and make it manageable throughout the day. For best mental health, 45 minute sessions 3-5 times a week seem most beneficial, particularly team sports, cycling and aerobics (World Health Organisation).

### What activities strengthen muscles?

**Ideas:** lifting weights, working with resistance bands, doing exercises that use your own body weight, such as push-ups and sit-ups, heavy gardening, such as digging and shovelling, yoga

### What activities are both aerobic and muscle-strengthening?

**Ideas:** circuit training, aerobics, running, football, rugby, netball, hockey



## A **JOLLY** BACK IS A **HEALTHY** BACK

It can be hard to start exercising so just try for 10 minutes – YOU CAN DO IT, you will enjoy it and it will be easier next time ☺! Making a habit of “being active” is the best way to keep going. It’s helps to set a goal too.

All the best and as always if we can help further, we’d love to hear from you,  
Lorna Taylor, Physiotherapist and Director, Jolly Back