



## LET'S GET MOVING



Starting or continuing a regular exercise routine is also a great way to boost your immune system and prepare the body to fight illness. So, aside from getting stronger and fitter, here are three good reasons to keep exercising – or to get started now if you aren't already:

### 1.SUPPORT YOUR IMMUNE SYSTEM

Being physically fit increases your immunological fitness too. Exercise increases blood flow and mobilises white blood cells - one of the main defences against harmful microbes. At least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week is recommended, but anything is better than nothing.

One study found that just 30 minutes of brisk walking increased the circulation of natural killer cells, white blood cells and other immune system warriors.

### 2.REDUCE YOUR RISK OF CHRONIC ILLNESS

The many health benefits of exercise are well documented, including lowering the incidence of various cancers, reducing the risk of excessive weight gain (with its associated health problems, including diabetes) and improved cardiovascular health (including lower risk of hypertension and stroke).

All of these contribute to an overall lower risk of all causes of mortality in people who exercise.

### 3.IMPROVE YOUR MENTAL HEALTH

Stress hormones can compromise our immune system and its ability to ward off illness.

Numerous studies have shown that regular physical activity is associated with better mental health, including a reduced risk of dementia, reduced feelings of anxiety and depression, improved cognitive function, improved quality of life and improved sleep. Again, the latest neuroscience shows that even moderate physical activity can have major benefits.



## #LET'SGETPHYSICAL

Always consult your GP if you plan to start a new activity and haven't exercised for a while or have a medical condition.



### Go easy!

If you are just starting out, aim for 3 x 10 minute sessions once or twice a week.



### Go for it!

Build up to 30 minutes of moderate physical activity on 5 days of the week or more.



### Sit Less

Be more active in your daily life. Take calls standing up or walking about.



### Variety

Change up your routine so that you exercise different muscles.



### Buddy Up

Arrange to do some activity with a friend.



### Intensity

You should feel warm and slightly breathless, not speechless.