

# Moving more in Barnsley

## What's your move?

Being physically active is one of the most important ways to look after your physical and mental wellbeing. Find your move online at:

[www.barnsleywhatsyourmove.co.uk](http://www.barnsleywhatsyourmove.co.uk)



"There is no situation, there is no age and no condition where exercise is not a good thing."

Sir Chris Whitty, Chief Medical Officer for England

WHAT'S YOUR  
**MOVE**

# Health Benefits of Being Active

## Immediate benefits

A single bout of movement that gets your heart pumping a little harder provides immediate benefits for your health:



Reduced blood pressure



Improved mood and less anxiety



Enjoying meeting new people



Improved sleep

## Long-term benefits

Regular physical activity provides important long-term health benefits and can help prevent chronic diseases:



Improved bone health



Reduced risk of developing dementia



Improved balance and coordination



Reduced risk of depression



More control over weight



Lowered risk of heart disease, stroke and type 2 diabetes

Lowered risk of cancers, including bladder, breast, colon, endometrium, oesophagus, kidney, lung and stomach.



## Find your move

Moving more is easier when we think about how we can make it part of our daily lives. Everyone is different but here are some ways you could think about:



Choosing to walk instead of using the car



Taking the stairs instead of using a lift



Spending more time in the garden



Finding activities you can do as a family or with friends



Finding an organised group where there is support to move more



Visiting a local park, leisure centre or activity venue

Visit our website or scan the QR code on the back of the leaflet for more information.

## Some physical activity is great, but more is even better

- ✓ You may experience an initial increase in fatigue and breathlessness while your body adjusts. This is normal but please see medical advice if you are concerned.
- ✓ Everyone is starting from a different place so don't put too much pressure on yourself.
- ✓ Do what you can, when you can and don't compare yourself to others.
- ✓ Start at your own pace and slowly build up.
- ✓ Remember every minute counts so look for opportunities to move more.
- ✓ If you have a long-term health condition, the benefits of moving more far outweigh any risk.
- ✓ Focus on enjoyment and how being active makes you feel.



**It's important to reduce your inactive time and find ways to incorporate physical activity in your day to day life. Everyone will have a different starting point, so start at your pace but remember to build it up as your body becomes more used to it.**

**Find out more information on how to be more active in your local area, here:**

### **What's Your Move**

**f** @BarnsleyMoving

**t** @BarnsleyMoving

[www.barnsleywhatsyourmove.co.uk](http://www.barnsleywhatsyourmove.co.uk)

### **Age UK Barnsley**

01226 776825

[www.ageuk.org.uk/barnsley](http://www.ageuk.org.uk/barnsley)

### **We Are Undefeatable**

For tips on being active with a long-term health condition

[www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)



**BARNSELY**  
Metropolitan Borough Council

