

## Top Tip Number 6

### Make Activity a Part of Your Life

To work on making our day to day life more active it is important to consider reducing our screen time and swapping it for something which raises our heart rate!

Screen time refers to the time we spend in front of computers, TV's, tablets and phones. If you are finding that the family are sat in front of a screen too often, our suggestion is to try and limit it to 2 hours per day. Swapping it for active minutes will always be a bonus too and may allow more time together as a family.

Physical activity has endless benefits, not only can it support us to maintain a healthy weight but it also releases feel good hormones, builds muscle, protects our heart and can reduce our risk of type 2 diabetes.

There are 10,080 minutes in each week and the recommendations for adults is 150 minutes of moderate activity a week (anything that raises your heart rate) and for children we recommend 60 minutes of activity every day.

To work towards meeting these recommendations, think about ways in which your daily routine could be more active. Here are few suggestions from the team at OneLife Suffolk:

- Try altering your commute to work or school by ditching the car or parking further away so you can work on increasing your steps. We should all aim to achieve 10,000 steps a day!
- Use the stairs in your workplace or when out shopping
- Go out for a lunch time walk or try to schedule an evening walk. Our health walks are great if you are new to activity.
- Get the children out in the garden or to the park instead of the screen time they may usually participate in



More suggestions and information regarding activity and increasing this can be found at:

<http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx>



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