

Patient name

Date of birth

Date



University of London

**I recommend that for your health you should:
go for a brisk walk, or**

**of intensity moderate
 vigorous**

for a least _____ minutes _____ times per week

and strengthening exercises _____ times per week

Medical conditions:

For review

Practice stamp

Signed*(Doctor)

Signed*(Nurse)

Type	Examples	How do I know I have done this?
Moderate	Brisk walking, climbing stairs, carrying heavy shopping, gardening, cycling, dancing, chair or water aerobics	Feeling warmer, breathing harder, but still able to hold a conversation.
Vigorous	Running, swimming, football, aerobics, hill walking, tennis.	Sweating, breathing much harder, difficulty speaking in sentences
Strengthening	Lifting weights, working with resistance bands, heavy gardening, climbing stairs, hill walking, cycling, dance, push-ups, sit-ups, squats, yoga.	It needs to work your muscles to the point where you need a short rest before continuing. Try to work on all major muscle groups.

Department of Health recommendations for exercise:

- **Young people aged 5-18:** aim for 60 minutes mixed moderate and vigorous activity each day, with muscle (against resistance) and bone strengthening (with impact) included at least 3 days each week.
- **Adults aged 18 – 64:** aim for 2 hours 30 minutes moderate activity each week, or 1 hour 15 minutes vigorous activity, AND strength training on 2 or more days a week working all major muscle groups (legs, hips, back, abdomen, chest, shoulders, arms).
- **Older adults:** If you have not health issues limiting your mobility, aim for adult levels of activity. Doing activities that improve balance, coordination and leg strength, such as dancing, yoga or tai-chi twice a week can reduce your risk of falls.

Remember:

- Try to reduce time spent being inactive (watching TV, reading, listening to music) as any activity, however light, is beneficial.
- There's strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.
- Tips and resources are available at <http://www.nhs.uk/LiveWell>