

Newsletter

The focus for this newsletter is **Importance of exercise.**

It can reduce your risk of major illnesses, such as [heart disease](#), [stroke](#), [type 2 diabetes](#) and [cancer](#) by up to 50% and lower your risk of early death by up to 30%

Health benefits

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of [colon cancer](#)
- up to a 20% lower risk of [breast cancer](#)
- a 30% lower risk of early death
- up to an 83% lower risk of [osteoarthritis](#)
- up to a 68% lower risk of [hip fracture](#)
- a 30% lower risk of [falls](#) (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia



Keep healthy with 150 minutes of exercise a week

Examples of exercises

Walking

Walking is by far the most popular low-impact exercise. It works the cardiovascular system and burns calories. To get your heart rate up, walk faster than a stroll. Picking up the pace can increase the intensity of your workouts. Add short bursts of speed or walk up an occasional steep hill.

Cycling

Cycling is a low-impact activity. But you can still injure yourself if you have the wrong size bike, or if the saddle and handlebars are at the wrong height. Cycling is an aerobic exercise that works your lower body and cardiovascular system. Start slowly and increase the length of your cycling sessions gradually.

Swimming

Swimming works the whole body. It's a great way to tone up and get trim. Swimming a few lengths involves most of the muscle groups, and you'll get a good aerobic workout if you increase the pace. Swimming can also help you lose weight if you swim at a steady and continuous pace throughout your session.

Activity finder - <https://www.bbc.co.uk/sport/get-inspired/45353880>