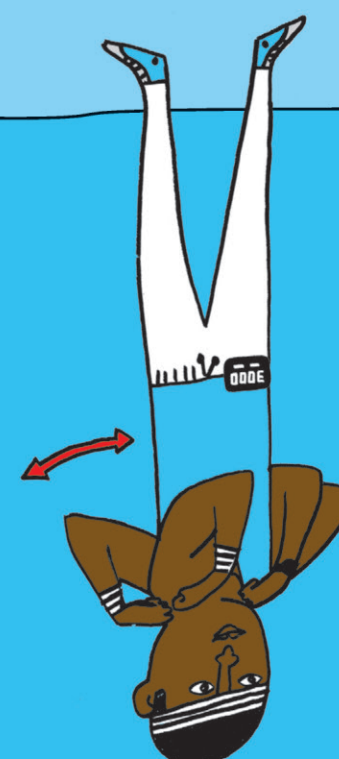


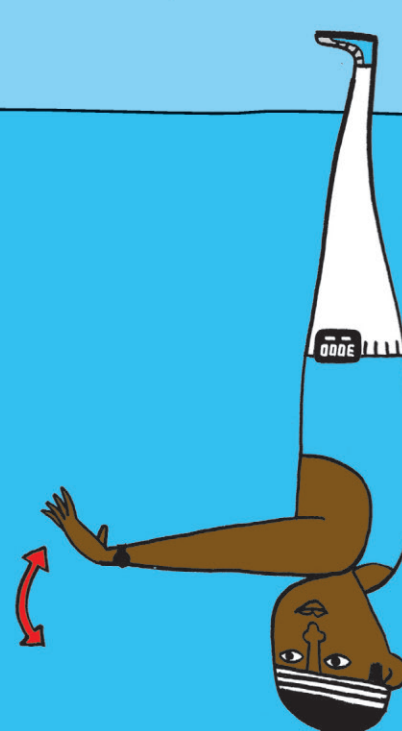
High Reach



Chest Stretch



Wrist Stretchers



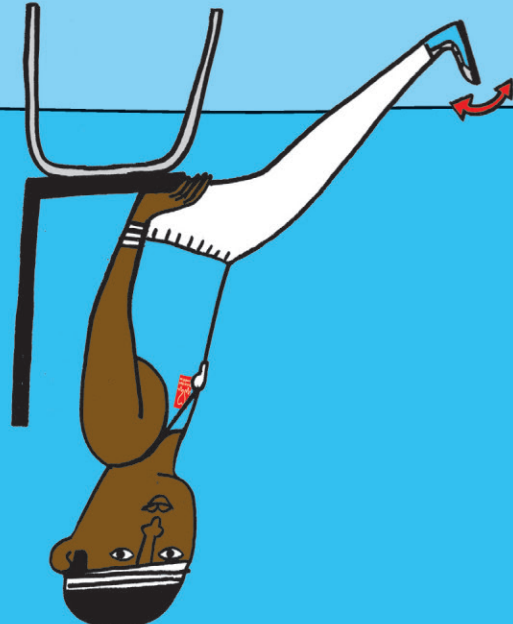
Bum Stretch



Back Stretch



Calf Stretch



Be active zone Simple exercises & resistance band training

Don't think the gym is the only place you can go!

You can stay physically active in lots of ways, even the hoovering counts. You'll benefit as much from brisk walking, or activities like gardening and climbing the stairs.

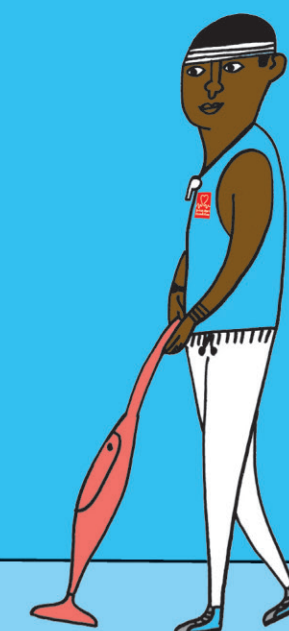
Changing a few daily habits can soon add up to a more active lifestyle. Be active as often as possible. Here are some examples of how you can be more active.

- Get off the bus a few stops early and walk the rest of the way to your destination.
- When you can, walk to talk instead of using the phone or email.
- Park at the furthest end of the car park.
- Pick some dining spots ten minutes away and add a walk to your lunch break.
- Take part in a lunchtime activity class, either at work or at your local leisure centre.
- Arrange to meet a friend to go for a walk, cycle or swim.
- Play a game after work with a friend or colleague - badminton, tennis, squash or table tennis.
- Do your active indoor chores briskly.
- Do some gardening - raking the leaves, mowing the lawn or digging the garden.
- Play with your children at home, in the garden or at the park.
- Go dancing with friends instead of sitting in and talking.

Do 30 minutes activity most days

To stay healthy, aim to do 30 minutes of moderate-intensity activity a day, at least 5 days a week.

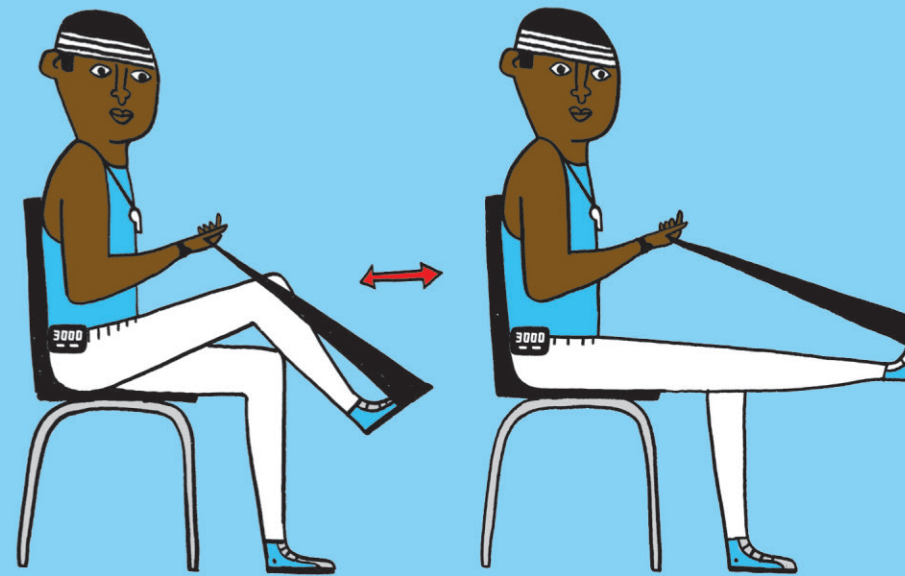
Moderate-intensity activity means working hard enough to make you breathe more heavily than normal and become slightly warmer, but not so hard that you are unable to talk and exercise at the same time.



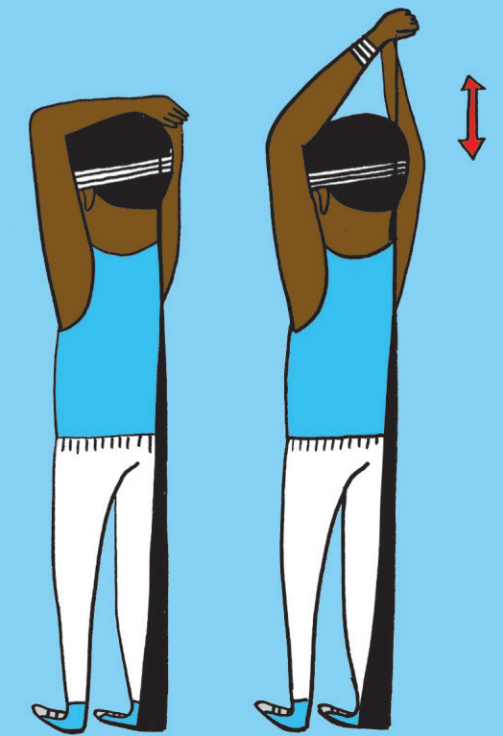
Be active zone

Resistance band exercises

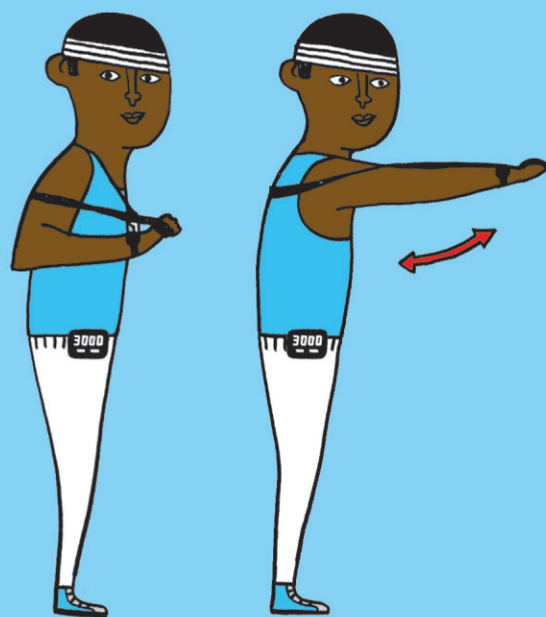
Use these handy bands to help you feel good and stay in great shape.



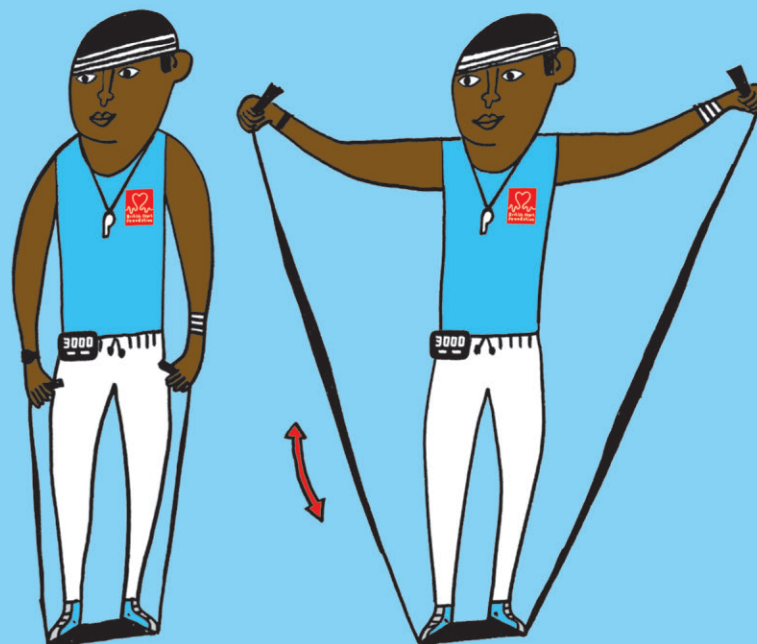
Leg press



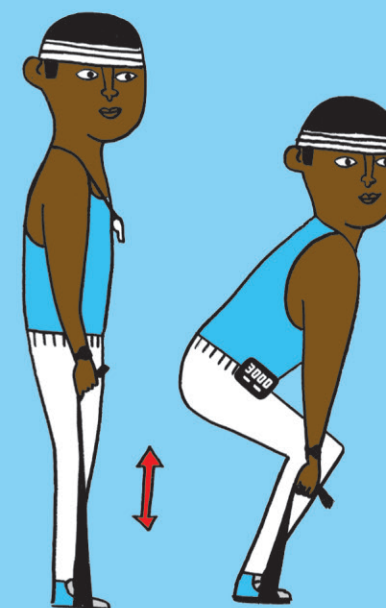
Tricep press



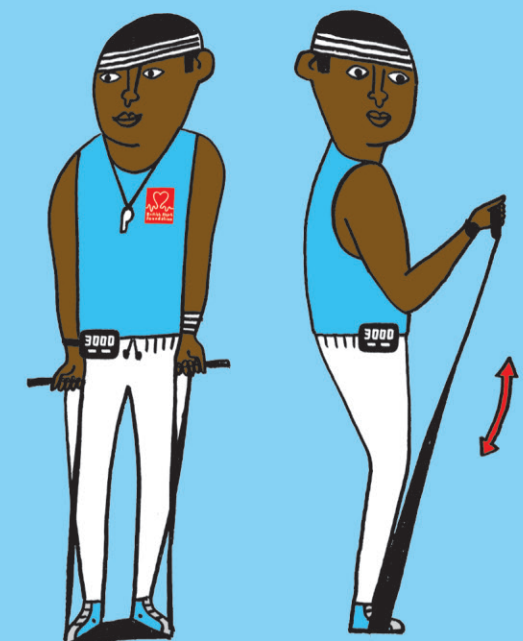
Chest Press



Lateral Raise



Squats



Bicep Curl