

Physical Activity

TOP TIPS!



1

Make activity and exercise part of your day.

2

Try to avoid being inactive. Break up long periods of sitting.

3

Try to keep active during treatment if you can.

4

Start slowly and build up gradually over time.

5

Some activity is better than none, more usually brings additional benefits.

6

Physical activity guidelines are a guide. They are not for everyone. Build up to them if you can.

7

Listen to your body. Rest when you need to.

8

Try new forms of exercise and consider joining local groups.

The best type and amount of activity is the one that is achievable, you enjoy, and can stick to long-term.

