

Why be active?

Being active helps you to live life to the full and can help you feel good in the following ways:

It helps you feel more alert during the day, it helps you sleep better at night, it helps you to lose or maintain your weight, it makes you feel happier and more relaxed, it improves your flexibility and makes muscles and bones stronger.

Adults should aim for 30 minutes of physical activity 5 times a week and children should aim for 60 minutes of physical activity 5 times a week. This may sound off putting but can be broken down into smaller chunks, so walking to work or walking your children to school will all count. Why not choose an activity that suits you and your lifestyle.

To benefit from activity you should breathe faster but still be able to hold a conversation, sweat slightly and feel warmer and your heart should beat faster but not be thumping. Don't worry about not being sporty or feeling you have to go to a gym or go jogging and your never too old to start exercising.

For further information call Newport City Council on 01633 656656 or go to www.newport.gov.uk/pad to access the physical activity directory, a searchable database full of ideas, clubs and activities in Newport to help you get active and stay active.