Example types of physical activity to meet the guidelines:

Moderate intensity
physical activities will cause you to get warmer, breathe harder and your heart to beat faster, but you should still be able to carry on a conversation.
Examples include:
- Brisk walking
- Swimming
- Cycling
- Pilates / Yoga

Adults aged 19-64 years are recommended to undertake at least 150 minutes (2 ½ hours) of moderate intensity aerobic activity per week. This can be broken down into a few minutes every day.

Vigorous intensity
physical activities will cause you to get warmer, breathe much harder and your heart to beat rapidly, making it difficult to carry on a conversation.
Examples include:
- Jogging • Circuit Classes
- Aerobics / Zumba • Aqua Aerobics

Physical activities that **strengthen muscles**, involve using body weight or working against a resistance.
These should involve using all the major muscle groups.
Examples include:
- Carrying heavy loads i.e. groceries
- Exercising against your body weight
- Exercising with weights.

Adults should aim to undertake physical activity to improve muscle strength on at least two days a week.

National Sports Centre,
Sports Development Unit,
Groves Road,
Douglas,
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IM2 1RB

PROGRAMME COORDINATOR:
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MSR

ENSURING THE ISLE OF MAN IS...
healthy life

PHYSICAL ACTIVITY PROGRAMME

The 'healthy 4 life' programme aims to support individuals who decide to take a positive step towards a healthier lifestyle by becoming more active.

You will be given **FULL** access to the NSC gym & swimming pool, regional swimming pools & all classes for an 8 week period.

Is the programme for me?

Being more active will have an immediate impact on your health and ensure, long term positive lifestyle changes and also protect your future health. It can also help improve your quality of life and change how you feel, both mentally and physically.

Changes can include:

- Having more energy
- Feeling less stressed or anxious
- Feeling more relaxed
- Getting a healthier body shape appearance

You may also:

- Sleep more easily
- Have better self-confidence
- Have better concentration

Being active also helps to prevent illness and in the long term help to prevent:

- Chronic Heart Disease
- Type 2 diabetes
- High blood pressure
- Obesity
- Some cancers
- Feeling isolated, by helping you to meet and make friends.

Being active is helpful even if you already have a condition. It helps manage and control:

- Chronic Heart Disease (inc. angina)
- Type 2 diabetes
- Obesity
- High blood pressure
- High cholesterol
- Joint and bone problems e.g. arthritis

It has positive effects on your bone and muscles health, reducing the risk of:

- Osteoporosis
- Osteoarthritis
- Back / hip pain
- Knee pain

One referral per twelve months at the discretion of the programme co-ordinator.

Do you always find a reason not to be more active?

If something is stopping you, try and work out what you can do to get over that barrier.

over **75%** of adults would like to be more physically active

NSC GYM

The NSC Gym offers an extensive range of resistance and cardiovascular machines in a very pleasant and positive atmosphere.

NSC & REGIONAL SWIMMING POOLS

The Island offers swimming pools in all regions, which all provide lane and leisure swimming.

WALK & TALK

There are various Walk & Talk sessions throughout the island. For further details please contact the programme coordinator.

SWING OF THINGS

This session includes a variety of activities including Table Tennis, Racquet Ball, Squash, Badminton or Mini Tennis. For further details please contact the programme coordinator.*

NO STRINGS BADMINTON

This is a fun badminton sessions for all ages and abilities. For further details please contact the programme coordinator.*

SOCIAL SPIN

Indoor cycling session open to all abilities and ages . For further details please contact the programme coordinator.*

MAKNG WAVES

A gentle swim session aimed at people recovering from injuries & operations. For further details please contact the programme coordinator.*

BEGINNERS BOXERCISE

This session is a mid-low intensity class incorporating the training techniques used by boxers into a fun class. For further details please contact the programme coordinator.*

& MUCH MORE!

*all classes are subject to availability