

> Why is it important?

Being physical active can help prevent and manage long term health conditions. For example, it can reduce joint pain cause by arthritis, ease breathlessness in people with COPD and delay the progression of osteoarthritis. It keeps our heart healthy, helps us maintain a healthy weight and improves our sleep. Evidence also shows that being physically active can improve our emotional wellbeing and reduce symptoms of depression and anxiety. And remember, you don't need to join a gym to be active. We've put together this list of resources to give you some ideas.

Links to online resources	Description
NHS Fitness Videos NHS Live Well 10 Minute Workouts NHS Live Well gym free workouts	NHS Fitness Studio: free online fitness videos, aerobics, Pilates and yoga videos and condition specific videos.
Crystal Palace Physio Group Self Refer Telephone 01689 88 77 10	If you are a registered with a Bromley GP, are 18 or over and have back, neck, joint or general muscle problems you can now self-refer to physiotherapy with Crystal Palace Physio Group.
Physical Activity Guidelines for Adults	NHS Physical activity guidelines for adults aged 19-64 and 65 plus.
Connect Well Bromley Exercise Pages	Details of sports, exercise and outdoor activities in the borough.
Be Active In Bromley	Information about local cycle routes, outdoor gyms, parks and outdoor spaces and clubs and classes locally.

What should you do?

- We need to do a range of activities to help build and maintain our stamina, our strength, our flexibility and our balance.
- We need to break up sitting time. Evidence suggests that breaking up sitting time can help to boost our metabolism.
- We need to build physical activity into our daily lives for example choosing to take the stairs rather than a lift and choosing to walk rather than take the bus or drive.
- We need to start today because it's never too late and we can start small (every minute counts) and build up gradually.

Last reviewed November 2020

To contact Bromley Well call the Single Point of Access on **0300 3309 039** or Lifestyle Support on **07985 444210 / 07985 433045** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

