



## Why is it important?

Being physical active can help prevent and manage long-term health conditions. For example, it can reduce joint pain caused 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 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 inspire ideas!



## WHERE SHOULD I START?

### DO A VARIETY OF ACTIVITY

We need a variety of activities to help build and maintain our stamina, our strength, our flexibility and our balance.

### BREAK UP SEDENTARY TIME

A sedentary lifestyle (sitting or lying with low energy expenditure) is detrimental to our health. Inactivity can increase your risk of conditions like type 2 diabetes and cardiovascular disease. Any movement can break sedentary time, including chair-based exercise.

**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



# PHYSICAL ACTIVITY

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated December 2025

### **NHS Fitness Videos**

[www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)

### **NHS Live Well 10 Minute Workouts**

[www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)

### **NHS Better Health – tips on getting active**

[www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

NHS: free online fitness videos, condition specific videos, tips and workouts.

### **Thrive Club**

[www.communitylinksbromley.org.uk/calendar/item/57741660](http://www.communitylinksbromley.org.uk/calendar/item/57741660)

Physio led exercise groups across the borough.

### **Mytime Active**

[www.mytimeactive.co.uk/](http://www.mytimeactive.co.uk/)

Provides a variety of classes for over 60s.

### **Be active in Bromley**

[www.bromley.gov.uk/health-wellbeing/active-bromley](http://www.bromley.gov.uk/health-wellbeing/active-bromley)

Local cycle routes, outdoor gyms, parks and outdoor spaces.

## WHERE SHOULD I START?

### MAKE SMALL CHANGES OVER TIME

We want physical activity to be part of our daily lives, so doing things like taking the stairs or making sure you take a break every hour to stretch can be really important.

### START NOW

The sooner you start being physically active the sooner you can see some of the benefits.

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