

**“Start small.
Find what
works for
you. You’ll
feel better
for it.”**

Phil, 69, from
Wavertree, Liverpool

See how local people
stay more active at:
[FitForMe.info/stories](https://www.fitforme.info/stories)

Join in with
home-based,
online and
community
activities.
Start easy at:
[FitForMe.info](https://www.fitforme.info)

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How a little activity helps with your daily routine.

Feel healthier,
more energetic
and more relaxed.

It's good to be active.
And it's safe for most
people, even if you
have a health condition.

Being active gives
your mind a mini
break too, helping
you to sleep better
and clear your head.

And in the 'new norm',
being active can give
your day a lift.

Be active with a health condition and feel better



proudly
Supporting
**WE ARE
UNDEFEATABLE**



of activity
can help you
feel good

Simple ways that being
more active can help
your mind and body:

- Feel stronger and healthier
- Manage weight
- Improve sleep
- Ease stress and anxiety

Being active with a health condition.

Small changes can
make a big difference.
Just add being active to
your routine. It's one of
the best things you can
do for your health.

You don't need fancy gear
or a gym membership to
become more active.

Even a daily stroll to the
local park is a great start.

**Aim to be active
2 or 3 times a week.**

Take it easy and build
up slowly. Over time,
you might be surprised.
You can feel healthier,
more energetic and
more relaxed.



Walking



Chair Based



Gardening



Housework



Bowls



Cycling



Stairs



Dance



Tai Chi



Jogging



Yoga

If you're not sure about getting started, have a
chat with your healthcare team including your GP.

The benefits of being active with a health condition.



Diabetes

Being active makes it easier to control diabetes. It also helps to manage blood glucose and cholesterol levels.

Physical benefits include:

- Reduces the need for medication
- Helps control weight
- Reduces risk of developing diabetic complications
- Manages blood pressure

Cancer

Being active can help to lift your mood and can make you feel better able to deal with your condition.

Physical benefits include:

- Managing blood pressure
- Stronger muscles, joints and bones
- Improved heart health, reducing the risk of other health problems

Depression

Being active is proven to boost your mood. It's especially useful for mild to moderate depression.

Physical benefits include:

- Improved sleep
- More energy
- Less need for medication

Mental Wellbeing Benefits:

For anyone living with a health condition.



- Boosting energy levels and easing stress
- Feeling better about yourself
- Connecting with people
- Improved mood and quality of life
- Being active releases 'feel good' chemicals in the brain – reducing stress and depression
- Improved emotional and mental health

Asthma

Being active lessens the risk of triggering symptoms.

Physical benefits include:

- Helps keep lungs healthy and strong
- Reduces breathlessness
- Helps fight colds and viruses – a trigger for over 80% of people with asthma
- Helps maintain a healthy weight – reducing the risk of an asthma attack

Coronary Heart Disease

This includes angina, heart attacks, strokes and vascular dementia. Physical activity can help to reduce the risk of complications by improving blood flow around the body.

Physical benefits include:

- Managing blood pressure
- Fewer hospital admissions
- Slowing the clogging up of your arteries

Hypertension/ High blood pressure

Physical activity could help manage your blood pressure and reduce the risk of stroke.

Physical benefits include:

- A stronger heart
- Lower blood pressure

Chronic Obstructive Pulmonary Disease (COPD)

Being active can help improve your symptoms. It makes muscles and bones stronger to help breathing.

Physical benefits include:

- Reduced breathlessness
- Stronger heart muscles and improved circulation
- Fewer chest infections
- More energy