

# Movement

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If exercise were a pill, it would be the most effective and widely used medicine by far. This is because exercise can improve many medical conditions from diabetes and heart disease, to lung disease and depression as well as many others.

There are many different types of exercise –it doesn't have to mean going to a gym if that is not something that you enjoy.

There are many free NHS approved fitness videos and a free 12 week fitness plan on the link below:

<https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=other-fitness-plans>

There is evidence that shorter periods of intense exercise may be better than prolonged mild exercise. This can also be helpful for those people with limited time available for exercising.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/?tabname=fitness-guides>

If you think you are very unfit, it is probably best to build up your fitness gradually, rather than trying to go all-out straight away. The following link explains high intensity interval training (HIIT exercise) and how to build up to it (it is on the diabetes website but is applicable to non diabetics too!)

<https://www.diabetes.co.uk/high-intensity-interval-training.html>

Exercise is recommended for people at any age, but some people with medical problems may need to adjust exercises to suit them eg armchair exercises. Improving fitness can help reduce the risk of falls by strengthening muscles and improving balance.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/fitness/>

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

**Yoga** is ancient form of exercise which combines strength, flexibility and breathing. It can help with fitness and also relaxation.

<https://www.nhs.uk/live-well/exercise/guide-to-yoga/#what-is-yoga>

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>

**Pilates** is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

The NHS provides links to free yoga and pilates workouts including chair based pilates and beginner routines:

<https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=pilates-and-yoga>

### **Exercises for young children and teens**

<https://www.nhs.uk/10-minute-shake-up/shake-ups> - fantastic Disney based games which count as moderate or vigorous exercise.