



More people
More active
More often

ukactive

Promoting the importance of physical activity



ukactive exists to improve the health of the nation by promoting and supporting the importance of an active lifestyle



More people
More active
More often

ukactive Mission: More People, More Active, More Often



ukactive: Transforming working life

Our vision is to transform working life in the UK by being instrumental in creating a working culture and environment that allows individuals to take charge of their own wellbeing. Embedding physical activity at the heart of all types of workplace will allow society to thrive with improved health, productivity and a greater sense of purpose



Research

Projects & Campaigns

Public Affairs & Policy

Membership



Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Carry heavy bags, Run, Stairs, Sport, Yoga, Bowls, Tai Chi, Dance

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

The infographic is a circular diagram with a central red circle containing the text 'Build strength to keep muscles, bones and joints strong on at least 2 days a week'. Surrounding this are four quadrants: top-left (green) for 'Be active' with 150 minutes moderate intensity or 75 minutes vigorous intensity; top-right (green) for 'Build strength' with 2 days a week; bottom-left (orange) for 'Minimise sedentary time' with icons for sitting on a sofa, at a desk, and walking; bottom-right (blue) for 'Improve balance' with 2 days a week for older adults, including icons for bowls and Tai Chi. A 'Dance' icon is also present at the bottom.

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

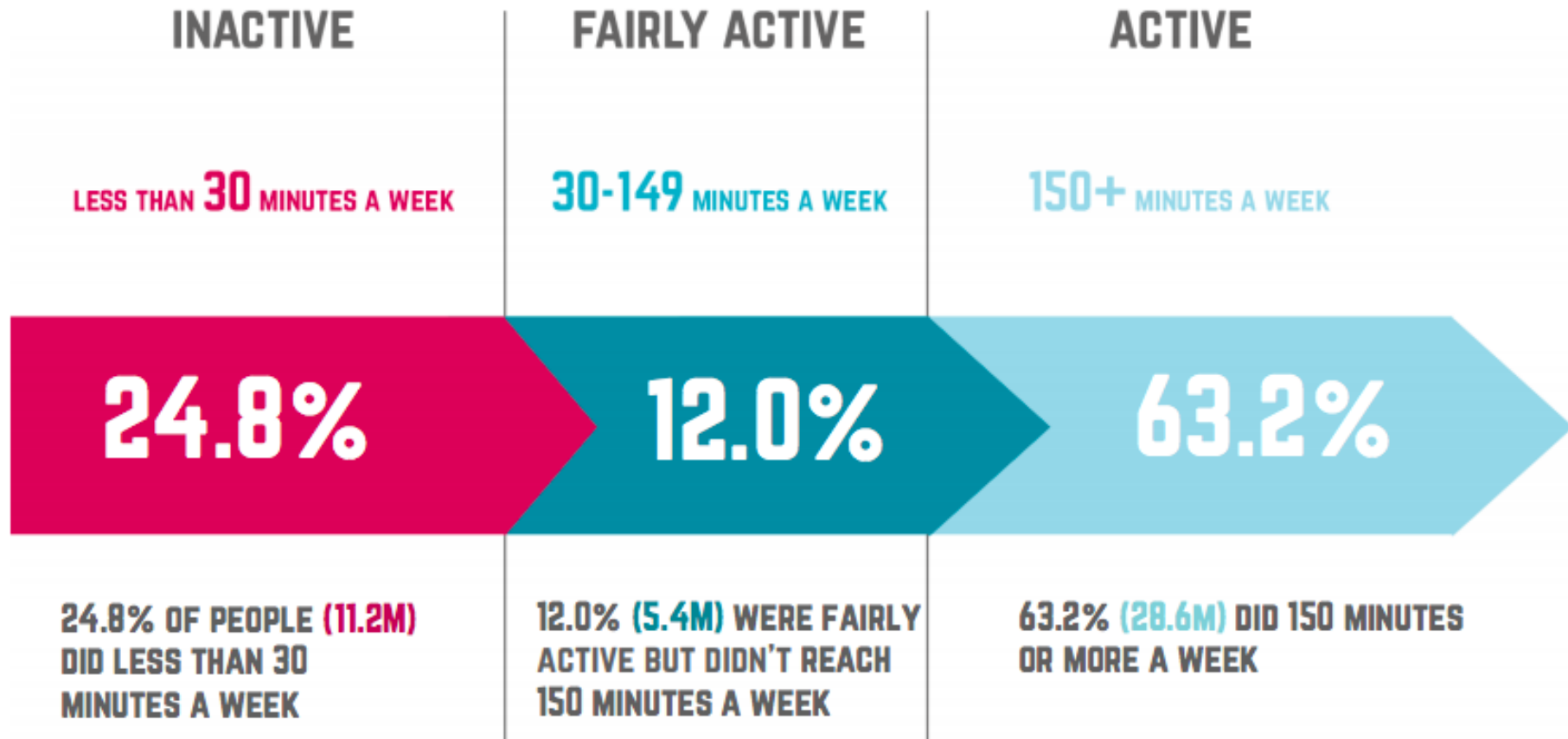
Every minute
counts



Active Lives Survey 2019

HEADLINES

Our data shows that in May 2018/19, just over 6 in 10 adults (28.6m) achieved 150+ minutes of activity a week, a 12-month increase of 539,500, or 0.9%



Barriers to being more active

Dependencies
outside of work

Type of work is
sedentary

Pressure of
workload/
hours

Working
hours / shift
patterns

Lack of
motivation



No time

Lack of
interest /
don't see the
relevance

Access to
facilities

Judgement
of peers

Knowledge

Flexibility within
working day

Culture of job/
role

How active are you at the moment?

How active are you?

- Keep a diary for two weeks of how active you are
- Include anything for a minimum of 10 minutes that would count as moderate – e.g. a brisk walk
- Note which days you were working days and the difference between those days

Less than
30 minutes
a week
INACTIVE

30 – 149
minutes a week
**FAIRLY
ACTIVE**

150+
minutes a
week
ACTIVE

- How do you feel?
- Do you want to think about making some changes?
- Even if you are active, what did you learn?



DRIVERS

- Do you take a lunch break?
- When could you take a 10 minute brisk walk during the day?
- Do you travel to work or does your cab live on your driveway? What options does this give you?
- When could you do some strength work? (Hint – this doesn't need to be in the gym)
- Do you have kids or a dog? When can you take them to the park?
- What have you enjoyed in the past that you no longer do?
- What is stopping you making small changes?



REMEMBER: Everyone is different - small changes will be different changes for different people

Additional ukactive services

- Research programmes – evidence based recommendations for your team / industry
- Bespoke programmes to support increased activity levels
- Access to facilities / reduced rates, discounts and tasters
- Co-developed resources, seminars and workshops



**Speak to us to find out more
about our bespoke range of
services**
annadavison@ukactive.org.uk



More people
More active
More often