UK Physical Activity Guidelines

Start Active, Stay Active
A report on physical activity for health from the four home countries’ Chief Medical Officers

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Why did we need new guidelines?

• Publication of International guidelines and evidence reviews

• Existing but inconsistent guidelines

• New evidence – age groups and sedentary behaviour

• Duty to inform citizens, assist policy makers, health care professionals

• Individual choice
What type of activity do they include?

- **Everyday activity:**
  - Active travel (cycling/walking)
  - Heavy housework
  - Gardening
  - DIY
  - Occupational activity (active/manual work)

- **Active recreation:**
  - Recreational walking
  - Recreational cycling
  - Active play
  - Dance

- **Sport:**
  - Sport walking
  - Regular cycling (≥ 30 min/week)
  - Swimming
  - Exercise and fitness training
  - Structured competitive activity
  - Individual pursuits
  - Informal sport
And why we should be more active

- Up to 50% reduced risk of developing major chronic diseases such as coronary heart disease, stroke, diabetes and cancers
- 30% lower risk of colon cancer and 20% lower risk of breast cancer
- Risk reduction in hip fracture is 36% to 68%
- 20-30% lower risk for depression and dementia for adults, for those participating in daily activity
- Have a 20-30% reduced risk of premature death
How much do we need to do?

![Graph showing the relationship between risk and physical activity level.](image)
UK-wide CMO Physical Activity Guidelines

Expert Working Group formed
- Children & Young People (5-<19 Years);
- Adults (19-<65 Years); and
- Older Adults (≥65 Years)
- Working Paper: draft recommendations

Early Years + Sedentary (0-<5)
- Expert Working Group formed
- Working Paper drafted

Sedentary (5+ Years)
- Expert Working Group formed
- Position Paper drafted

Web-based Consultation
- 3rd Dec 2009 – 8th Jan 2010

Web-based Consultation
- 23rd Dec 2009 – 25th Jan 2010

2 Day Scientific Meeting - Marlow
- 21st and 22nd October 2009

Early Years Stakeholder Event
- 8th February 2010

Sedentary Stakeholder Event
- 23rd February 2010

Technical Report
- PA Guidelines
- March 2010

Final Report
- Early Years
- March 2010

Final Report
- Sedentary
- March 2010

DoH Convene Guidelines Writing Group

UK-wide Chief Medical Officers Report

Supporting resources for different audiences

Messages e.g. Change4Life and other mass media / social marketing
What’s new?

- UK-wide
- Early Years
- Older Adults
- Sedentary
- Greater flexibility
An active day?

- 8 hours
- 30 min
- 30 min
- 4 hours

Courtesy of Dr. Neville Owen
Early Years 0 – 59 months

1. Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.

2. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.

3. All under fives should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).
Children & Young People 5 - 18

1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

2. Vigorous intensity activities including those that strengthen muscle and bone should be incorporated at least three days a week.

3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.
Adults 19 – 64

1. Adults should aim to be active daily. Over a week activity should add up to at least 150mins (2 1/2hrs) of moderate intensity activity in bouts of 10 minutes or more - one way to approach this is to do 30 minutes on at least 5 days a week.

2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.
Older Adults 65+

1. Older adults who participate in any amount of physical activity gain some health benefits including maintaining good physical & cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.

2. Older adults should aim to be active daily. Over a week activity should add up to at least 150 minutes (2 1/2hrs) of moderate intensity activity in bouts of 10 minutes or more - one way to approach this is to do 30 minutes on at least 5 days a week.

3. For those who are already regularly active at moderate intensity comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous activity.

4. Older adults should also undertake physical activity to improve muscle strength on at least two days a week.

5. Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.

6. All Older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.
Sedentary Behaviour

- Independent risk factor for ill health
- Early Years – mainly about restraint
- CYP, A and OA – just move more!
- Breaking up periods of sedentary behaviour
- Canadian guidelines – 2 hour screen time limit
Next steps?

- Surveillance – Active People Survey and Health Survey for England
- NHS Choices
- Change4Life
- Embedding into policy documents
- Responsibility Deal partners – Collective and Individual pledges
Physical activity guidelines for
ADULTS (19–64 YEARS)

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2.5 hours) of moderate-intensity activity in bouts of 10 minutes or more — one way to approach this is to do 30 minutes on at least 5 days a week.

2. Additionally, comparable benefits can be achieved through 75 minutes of vigorous-intensity activity spread across the week or combinations of moderate and vigorous intensity activity.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines:

Moderate-intensity physical activity will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:
- Brisk walking
- Cycling
- Aerobic dance
- Tennis
- Cleaning floors

Vigorous-intensity physical activity will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:
- Running
- Stair climbing
- Field hockey
- Heavy yard work
- Full-court basketball

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:
- Exercising with weights
- Carrying or moving heavy loads such as groceries
- Lifting luggage

Minimising sedentary behaviour may include:
- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work
- Breaking up sedentary time such as walking a long bus or car journey for walking part of the way

What are the benefits of being active daily?
- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

For further information, visit Active, Stay Active: A report on physical activity for health from the four home countries’ Chief Medical Officers (2007).

www.dh.gov.uk “UK Physical Activity Guidelines”
Health and fitness

150 minutes your way
New guidelines are issued explaining how much physical activity you need to stay healthy.

Physical activity guidelines for adults
Guidelines for adults aged 19-64, for general health and fitness.

Physical activity guidelines for older adults
Guidelines for older adults aged 65 and over, for general health and fitness.

www.nhs.uk/LiveWell
Check your weight and get personal advice

How fit are you?
Find out if your activity levels need a boost

Fitness tips from heroes
Olympians’ advice for a happy and healthy life

Get daily fitness tips
Get tips and local information on your desktop

How fit are you?
Complete this assessment to find out how close you are to meeting recommended levels