

## Physical Activity for Long Term Conditions

The benefits of physical activity for people living with long term conditions are well established. In fact, regular physical activity, in combination with standard medical care, has an important role in the management and prevention of many long-term conditions and the benefits of physical activity far outweigh the risks.

### Physical activity improves your:



Mood



Sleep



Blood pressure



Energy levels



Quality of life



Muscle strength



Confidence



*Everyone has their own starting point, depending on your current level of physical activity, try build up your level of activity gradually.*

### How do I contact you?



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## Physical activity also reduces your risk of:



Degeneration of your muscles, bones and joints as you age



Further long term health condition symptoms developing



Feeling stressed

### Cardiac conditions

It is safe to participate in physical activity for people with stable cardiac conditions, including high blood pressure, after consulting with your medical professional. Physical activity is recommended by NHS as part of the treatment with guidance from a health professional.

### Chronic fatigue syndrome

The NHS guidelines say that physical activity can be done under the guidance of an ME/CFS specialist team, when you are ready to progress your physical activity beyond your daily routine or wish to incorporate physical activity into managing your symptoms.

### Persistent pain

According to NHS guidelines on physical activity, people with persistent pain should be encouraged to remain physically active for longer-term general health benefits.

Evidence from many studies showed that exercise reduced pain and improved quality of life.

### Other long term conditions

There are very few conditions that totally prevent some form of physical activity and it is well documented that the benefits outweigh the risks, for both mental and physical health. It is important that you consult with your specialist medical provider for your particular condition before increasing your activity levels, and make sure you ease yourself into it.

## How to improve your physical activity:

#### Find something you enjoy

Anything involving continuous movement that you enjoy for example an active hobby at home.

#### Prescribed exercise

Exercises advised by a health professional, such as GP, physio or specialist team.

#### Pace yourself little and often

Aim to do 2-5 minutes of an activity to get started, after this see how you feel then try to do a little more next time. It all adds up!

#### Do household activities

Chores you may not have previously considered as being active e.g. cleaning or hanging out the washing.

#### Stretch

Stretch and move to avoid being idle for long periods of time, try to move at least every hour.

#### Low impact activities

For example swimming, Yoga, Pilates, and Tai Chi are low impact and can be particularly helpful for Fibromyalgia and conditions affecting joints.

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