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How to Get Active: Simple Steps to Boost Your Health and Wellbeing



Making the decision to move more and prioritise your health is one of the best choices you can make for your physical and mental wellbeing. Regular activity boosts mood, improves heart health, and helps you sleep better – and it doesn't have to be complicated.

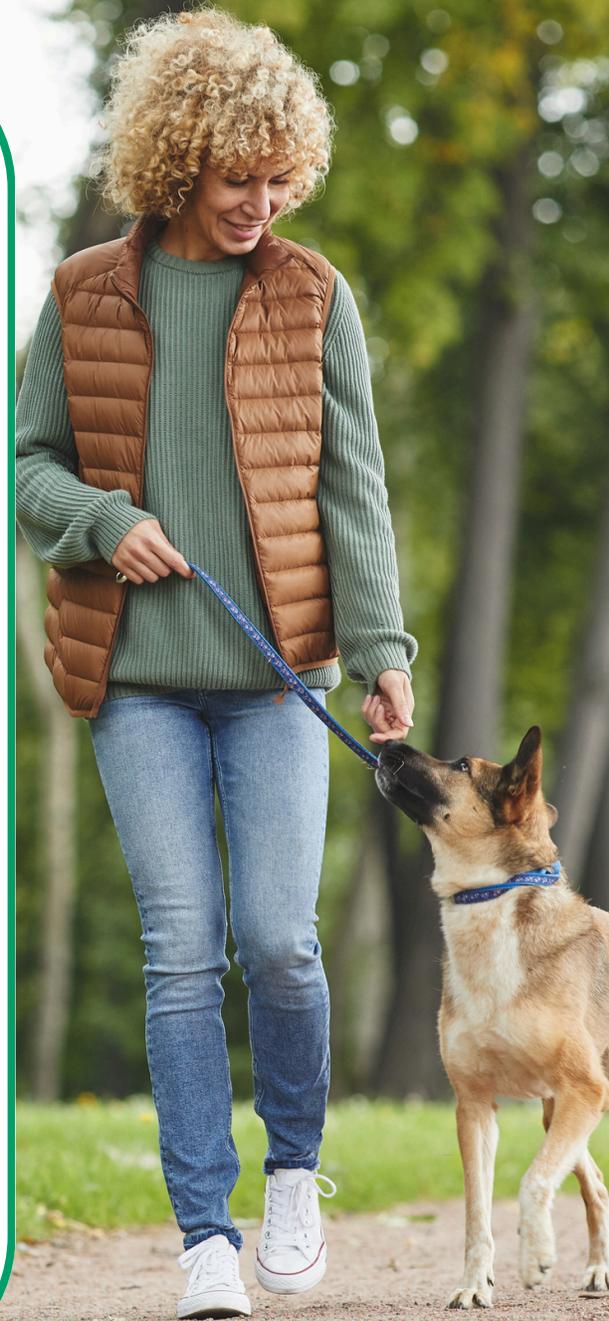
Why Getting Active Can Feel Overwhelming

Starting out can feel intimidating. You might wonder:

- **What should I do?**
- **How long for?**
- **When's best?**
- **Why am I doing this?**

If you don't know your isometrics from your plyometrics, don't worry – most people don't! The truth is the basics work.

You'll feel the benefits simply by moving in ways you enjoy. Whether that's dancing in the kitchen, walking the dog, playing frisbee in the park, or following an online yoga class, exercise doesn't have to be about "the burn" or chasing abs. Do it because you love it – not because you feel you have to.





How Much Exercise Do You Need?

The NHS recommends 150 minutes of moderate aerobic activity per week, plus two strength-based sessions. That might sound like a lot, but it's easy to break down:

- 30-minute walk at lunch during the working week.
- Short 10-minute bursts throughout the day.
- Strength-building activities like swimming, hiking or yoga – not just weight training.

Your routine should reflect your health, mobility and personal goals. Exercise for the feel-good factor – the aesthetic benefits are secondary to the long-term health gains.

Benefits of Being Active

- Boosts mood and reduces stress.
- Improves cardiovascular health.
- Supports healthy weight management.
- Reduces risk of type 2 diabetes, some cancers and heart disease.
- Helps maintain mobility and bone strength as you age.
- Improves sleep quality.

Find What Works for You

If you hate running, don't run. If gyms aren't your thing, skip them. Choose activities you enjoy – you'll stick with them longer. Here's what different types of exercise offer:

- **Aerobic activity**, such as running, swimming and cycling will help to increase cardiorespiratory fitness, as well as make you feel good afterwards. More commonly known as our 'happy hormones', our body releases endorphins when we exercise, triggering a positive feeling. Once the body is used to doing this type of exercise, it also adapts and becomes more efficient, which can increase motivation too!
- **Strength training (bodyweight moves, resistance bands)**: Builds muscle and supports joints, ligaments and tendons. Helps maintain bone density and mobility as you age. Many people tend to worry that resistance work or 'strength training' might make them look too muscular when, in fact, it provides so many more benefits depending on the type of training you do. For example, basic squats, lunges, press ups, etc. can be really good for our posture and supporting our joints, as well as helping us to maintain bone density and muscle mass, which we start to lose as we get older. This can help us to stay mobile and flexible, reducing the risk of injuries or falls, as well as aid us in everyday tasks that may become more difficult as we age.
- **Yoga**: Great for posture, flexibility and mental wellbeing. Easily done at home with minimal equipment. There are many online tutorials and classes to get stuck into, so give one a go!
- **Pilates** is focused on developing and strengthening the muscles in the body that we don't necessarily see. Alongside this, it helps to align posture and improve strength, and is particularly good for those who may be starting out on their fitness journey, coming back from injury or who experience back pain.

Fitting Exercise Into a Busy Life

Think you don't have time? Try these tips:

- Use lunch breaks or early mornings
- Swap scrolling for moving
- Break up sitting time with 5-minute activity bursts
- Household chores like cleaning and gardening count towards your weekly target

Home Workouts Made Simple

There are times when you may not feel like leaving the house, especially in winter. A home workout isn't any less effective than going out for a run, cycle, swim, or gym – and you save time because you haven't had to go anywhere. You can create a little home workout circuit, using stairs, chairs or sofas for your resistance exercises.

Just pick 5 or 6 moves to repeat, 10 times each – then complete 3 to 5 rounds, or however many you can fit into 20 minutes. If you're feeling uninspired, there are online classes that you can sign up to and do virtually.

Get creative with household items for resistance – water bottles, backpacks, detergent bottles. Or join an online class for extra motivation.

Habit stacking

Attach exercise to existing habits:

- 20 squats while brushing your teeth
- Press-ups while the kettle boils

Consistency is key – small steps
lead to big changes.



How can Doctor Care Anywhere help



24/7 GP and ACP Appointments

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



Mental Health Services

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



Tailored Physiotherapy Support

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.



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