

# KEEP WELL: PHYSICAL HEALTH

## WHAT ARE THE STEPS TO A PHYSICALLY FITTER ME?

AIM FOR  
AT LEAST  
**150**  
MINUTES  
PER WEEK

MODERATE  
INTENSITY



VIGOROUS  
INTENSITY

AIM FOR  
AT LEAST  
**75**  
MINUTES  
PER WEEK



ENGAGING IN ACTIVE TRANSPORT

CYCLING



GAMES AND ACTIVE PLAY



SWIMMING



BRISK WALKING

DANCING



RUNNING

STAIRS



SPORT

OR A  
COMBINATION OF BOTH

Remember to also include activities to **develop muscular strength, flexibility and bone health** a few times a week.



SKIPPING



JUMPING



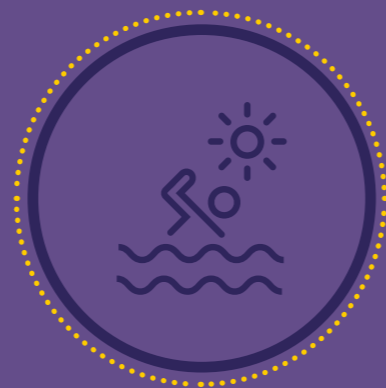
CLIMBING



GYMNASTICS



YOGA/PILATES



SWIMMING



### TOP TIPS!

- **Build it up** slowly over **30 days**
- Break it down into **shorter sessions** throughout the week (e.g. 5 x 30mins)
- Build physical activity into your **routine**
- **Walk and talk!**
- Pick **exercise** you **enjoy**
- Get **social** and get active **with a friend!**

Adapted from **UCC's Keep Well** website where you can find more information, resources and tips on keeping physically active and overall health and wellbeing.

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