



Get Active



Live Healthy



Physical Activity Matters!



Diabetes:
Walk *10 mins* after meals & lower blood sugar by *20%!*



Hypertension:
Walk *30 mins* daily, lower blood pressure by *5-7 points!*



Colon Cancer:
150 mins of physical activity a week cuts colon cancer risk by *30%!*



Breast Cancer:
Move more, lower breast cancer risk by *20%!*



Depression:
30 mins of activity slashes depression risk by *30%!*



Arthritis:
Exercise eases arthritis pain by up to *40%!*



Falls & Frailty:
Strength exercises cut falls by *30~40%!*



Heart Health:
30 mins a day drops heart disease risk by *20~30%!*



Fibromyalgia:
Gentle activity reduces chronic pain by *25%!*



Dementia:
Stay active, lower dementia risk by *30%!*

www.livewellnorthlincolnshire.org.uk

In collaboration with **Dr Anam Abrar**, GP and Preventive Lead for North Lincolnshire.