# Physical Activity For Adults In Oxfordshire **James Pollen - Physical Activity Champion (Prosthetics Department)**

## What Is Physical Activity?

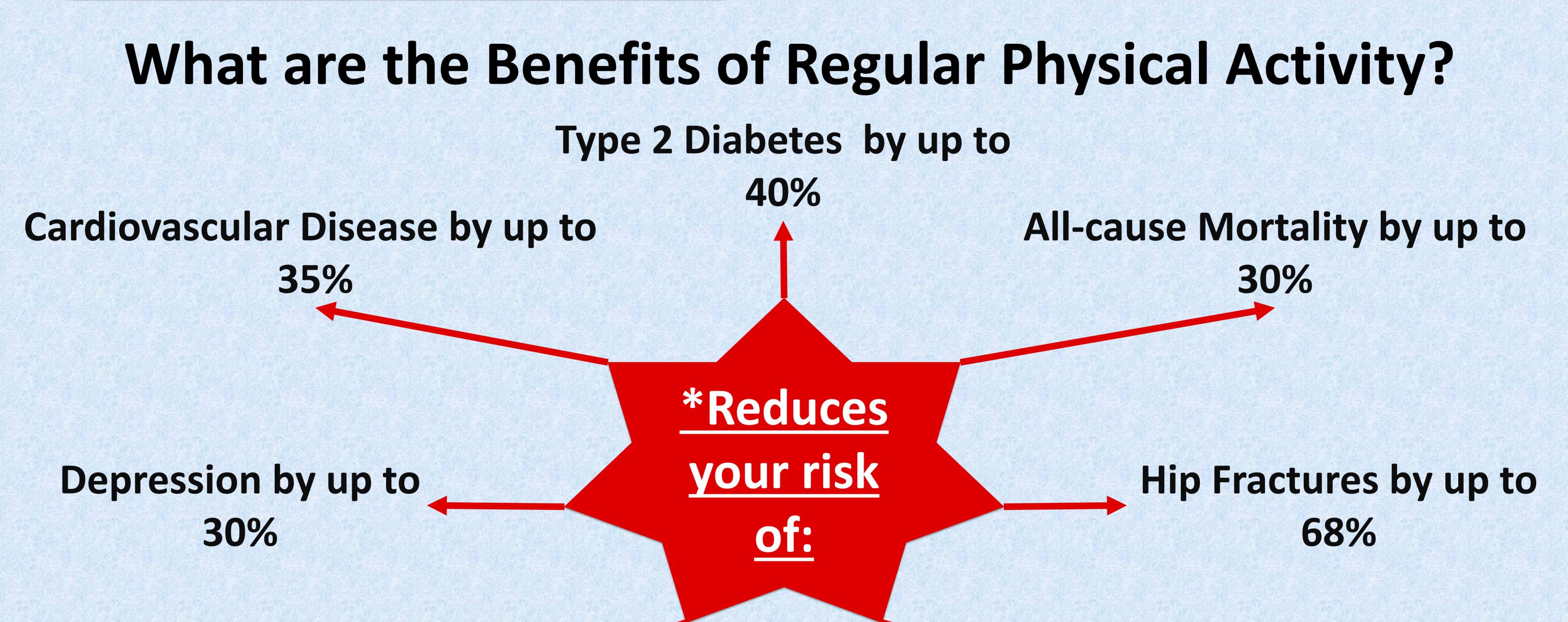
Any activity that moves the body. **Physical Activity should be:** 

**Vigorously Active Moderately Active** Breathing fast but OR Breathing fast with still able to talk difficulty talking

## **How Active Should We Be?**

Moderate to Vigorous Activity. 150 minutes each week

8 **Muscle Strengthening Activity** twice a week



#### **Breast Cancer by up to** 20%

**Colon Cancer by up to** 30%

## What counts as physical activity?

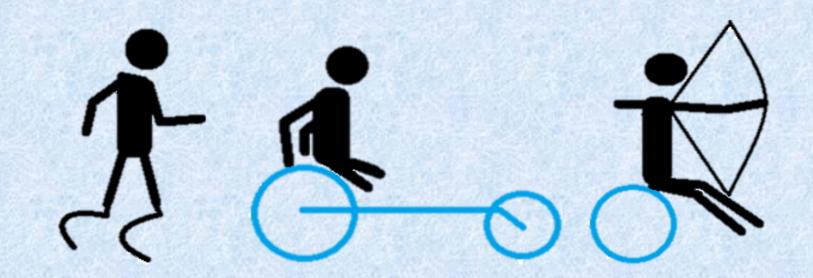
### **Activities Of Daily** Living



#### **Active Recreation**







\*\*50.1% of all adults aged **19+ who had a limiting illness** or disability achieved at least 150 mins per week

increase physical activity.

mins per week

\*\*68.15% of all adults aged How active is Oxfordshire?

#### How Can Adults in Oxfordshire be more active? **Our Purpose: Our vision:** To help people in most need across Oxfordshire by 'Everybody in Oxfordshire is working with partners to physically active'.

\*Information from: Public Health England. (2018, January 9). Guidance Physical activity: applying All Our Health. Retrieved from https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health. \*Lamb SE, Sheehan B, Atherton N, Nichols V, Collins H, Mistry D, Dosanjh S, Slowther AM, Khan I, Petrou S, Lall R; DAPA Trial Investigators. Dementia And Physical Activity (DAPA) trial of moderate to high intensity exercise training for people with dementia: randomised controlled trial. BMJ. 2018 May 16;361:k1675. doi: 10.1136/bmj.k1675. PubMed PMID: 29769247; PubMed Central PMCID: PMC5953238. \*\*Information taken from Sport England: Active Lives Survey May 17/18, retrieved from: https://activelives.sportengland.org/