

Title: Physical Activity for adults in Oxfordshire

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What Is Physical Activity?

Any activity that moves the body, Physical Activity should be:

Moderately Active: Breathing fast but still able to talk

Vigorously Active: Breathing fast with difficulty talking

How Active Should We Be?

Moderate to Vigorous Activity- 150 minutes each week & Muscle Strengthening Activity twice a week

What are the Benefits of Regular Physical Activity?

Reduces your risk of:

- Type 2 Diabetes by up to 40%
- All-cause Mortality by up to 30%
- Hip Fractures by up to 68%
- Colon Cancer by up to 30%
- Breast Cancer by up to 20%
- Depression by up to 30%
- Cardiovascular Disease by up to 35%

What counts as physical activity?

- **Activities Of Daily Living:** e.g. washing up, Hoovering, cleaning/dusting
- **Active Recreation:** e.g. walking your dog, horse riding
- **Sport:** e.g. Running, Wheelchair racing, Archery

How active is Oxfordshire?

- 68.15% of all adults aged 19+ achieved at least 150 mins per week
- 50.1% of all adults aged 19+ who had a limiting illness or disability achieved at least 150 mins per week

How can adults in Oxfordshire be more active?

Oxfordshire community Program: Go Active

Our vision: 'Everybody in Oxfordshire is physically active'.

Our Purpose: To help people in most need across Oxfordshire by working with partners to increase physical activity.

References:

- 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/>