

Physical Activity For Adults In Oxfordshire

James Pollen - Physical Activity Champion (*Prosthetics Department*)

What Is Physical Activity?

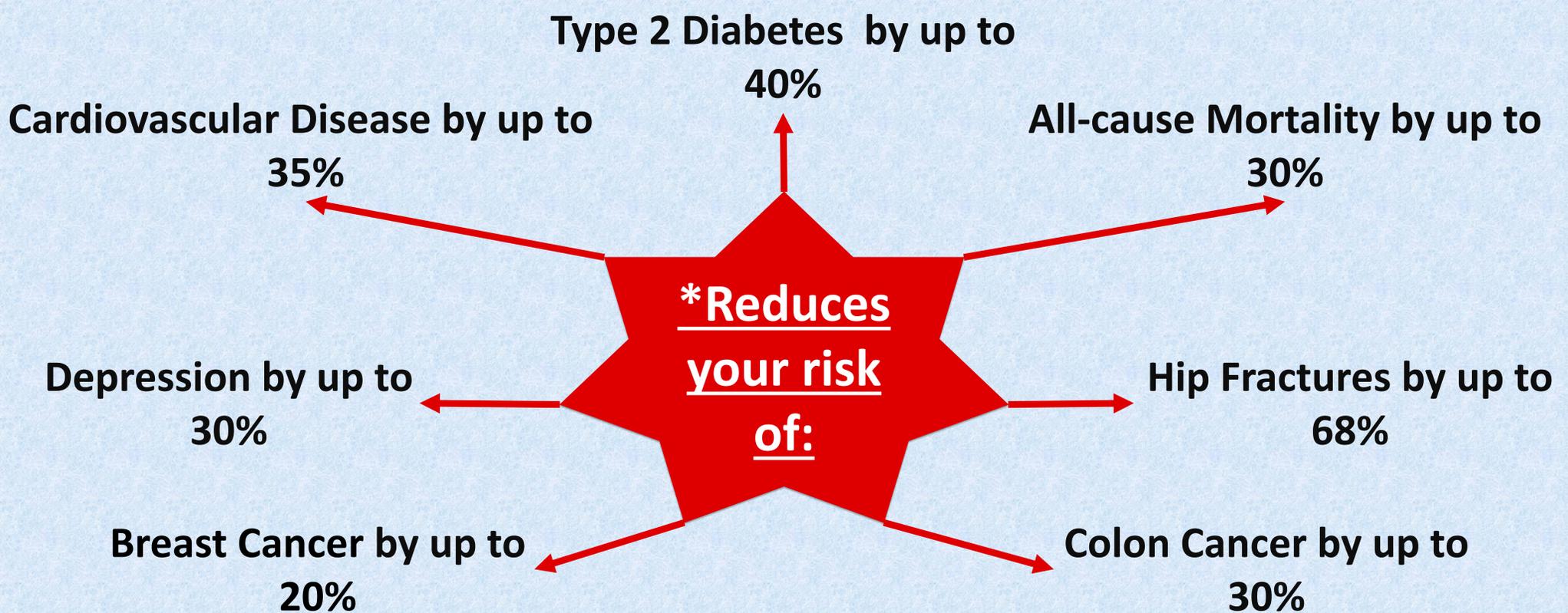
Any activity that moves the body.
Physical Activity should be:

Moderately Active OR **Vigorously Active**
Breathing fast but still able to talk OR 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?

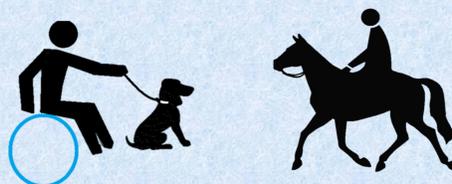


What counts as physical activity?

Activities Of Daily Living



Active Recreation



Sport



****68.15% of all adults aged 19+ achieved at least 150 mins per week**

How active is Oxfordshire?

****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?

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

GO Active

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