

ACTIVE PEOPLE

HEALTHY WEIGHT



 **sport**
Northern Ireland
LOTTERY FUNDED

The lead agency for developing sport in Northern Ireland

ACTIVE PEOPLE: HEALTHY WEIGHT

Sport Northern Ireland is keen to promote the message that sport and physical activity are for everyone and that the benefits of an active lifestyle should be fully embraced and enjoyed by all. Enjoying healthy eating and being active every day are two of the most important things you can do to help manage your weight.



DID YOU KNOW?

In Northern Ireland **24% of adults are considered to be obese**. By 2050, **60% of men** and **50% of women** could be obese.

Obesity in Northern Ireland causes **450 deaths**, and **cost £14.2m in lost productivity** and **£90m in health and social care costs** each year.

You should aim for five portions of fruit and vegetables a day, and limit foods containing hidden fat and sugar such as processed meats, pies, pastries, cakes, biscuits, crisps and confectionary.



WHY BE ACTIVE?



Being physically active is a key element of living a longer, healthier, and happier life. When combined with healthy eating, participating in sport and physical activity can help you achieve and maintain a healthy weight and lowers the risk of other chronic diseases associated with being overweight including:

- **Type II Diabetes**
- **High Blood Pressure and Cholesterol**
- **Heart Disease**
- **Osteoporosis**
- **Arthritis**
- **Stroke**
- **Some forms of cancer**

Not being active enough can also disturb your sleep patterns, lower your fertility, present orthopaedic problems, reduce your quality of life and increase your risk of premature death. Benefits of an active lifestyle can include an improved general well-being, improved mood and prevention of depression.



HOW MUCH ACTIVITY SHOULD I DO?

As a minimum, take part in sport or moderate physical activity for **30 minutes, 5 days a week**, or preferably every day for good general health.

Increasing the intensity or the amount of time of your activity can have additional health benefits.

No matter what activity you choose, it can be done all at once, or divided into two or three parts during the day. Even 10 minutes of activity count toward your total.

Even some activity is better than none.

MAKE SPORT AND PHYSICAL ACTIVITY A REGULAR PART OF YOUR DAY

Choose activities that you will enjoy and can do regularly. Fitting activity into your daily routine can be an easy way to get active.

Keep motivated by trying something different on alternate days - be active at least 5 days a week. Do at least 10 minutes activity at a time, and think about a longer activity on the weekend.

GETTING AND STAYING ACTIVE



AT HOME AND IN YOUR COMMUNITY

- Join a sports club, or take an exercise class
- Join a walking group
- Recruit a partner for support and encouragement
- Get the whole family involved—enjoy an afternoon bike ride with your kids
- Walk and/or cycle more, and drive less
- Talk to your health professional about referral programmes



AT WORK

- Get off the bus or train one stop early and walk the rest of the way
- Cycle to work – or part of the way
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you
- Walk to talk instead of using the phone or email
- Take part in an exercise programme at work or a near by gym
- Encourage and participate in sport and physical activity at work



WHAT WORKS?



EAMONN AND HIS FAMILY

Eamonn is a young man in his twenties, who by his own description, was very obese. Before taking up exercise and healthier eating, his life was extremely limited – he didn't leave the house, he had few friends and lacked confidence because of his size. Eamonn's mother was instrumental in getting him involved in an obesity programme at the local Healthy Living Centre.

By being active at the gym and learning about healthier foods he has now lost 10 stone and his weight continues to drop. Eamonn has become known in the local area as a visible example of how physical activity and healthy eating can reduce obesity. He has become a role model and gives advice to other young people on healthy eating and exercise. Eamonn's mother has also joined the programme with her five other children – and as a result another of her children has lost five stone.

ABOUT SPORT NORTHERN IRELAND

Sport Northern Ireland is the leading public body for the development of sport in Northern Ireland. Its corporate vision is:

“a culture of lifelong enjoyment and success in sport which contributes to a peaceful, fair and prosperous society”.

The full report ‘**Active People: Healthy Communities**’ can be downloaded online at www.sportni.net

This document is available in other accessible formats on request, and online at www.sportni.net



Sport Northern Ireland
House of Sport
2a Upper Malone Road
Belfast BT9 5LA

T: (028) 9038 1222
E: info@sportni.net
W: www.sportni.net

Endorsed by:

