



This leaflet was produced by:

Developmental Neurosciences and Learning Disabilities Directorate

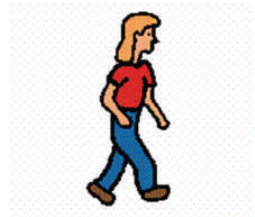
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DNLDD/006
Review April 2008

Exercise is Good For You!





losing weight through exercise and healthy eating will make you feel better



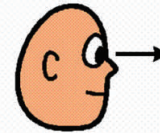
you are less likely to become ill



When you walk...



Your shoulders should be relaxed let your arms gently swing



Look ahead—not down



With each step
The heel should land first,
then you push off with your toes



Finish with a warm-down march
on the spot for 2 minutes

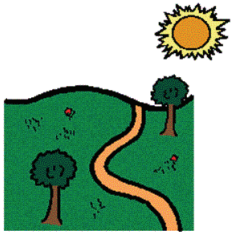
Walking...



is a really good way to be fit and healthy

Su M T W
Th F Sa

Try to go for a walk every day



Try to go a bit further every time you go for a walk, especially in good weather



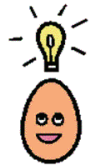
your body will become stronger



you may make new friends

Day to Day

Did you know you can improve your fitness simply by being more active in your day to day life?



Here are some ideas.....



Walk to the shops



Do not' use the phone, walk to talk to a neighbour



Use the stairs, not the lift or escalator



Get off the bus a stop early and walk home



When family and friends come to visit go for a walk together before having a cup of tea