



British Heart
Foundation
Northern Ireland



Stay Heart Healthy. Physical Activity.

You can reduce your risk of heart and circulatory diseases by 35% by being more physically active.

Understanding Physical Activity

High blood pressure, high cholesterol and Type 2 diabetes all increase the risk of developing heart and circulatory diseases. Being regularly physically active helps you to reduce your risk of developing these conditions.

How much is enough?

To reduce your risk of heart and circulatory diseases, you need to be active every day. Aim to do 150 minutes of exercise a week— that's about 20–30 minutes a day. Every time you are active for 10 minutes or more – it counts. Make sure you do 10-minute bursts to add up to at least 20–30 minutes a day.

What physical activity can I do at home?

If you don't fancy the gym or our unpredictable weather means you can't exercise outdoors, don't worry—any activity that gets you breathing harder and your heart beating faster counts as physical activity:

- Yoga or pilates (there are some great videos online!)
- Gardening
- Housework such as vacuuming



WATCH

Try out this low intensity, 10-minute workout you can do in your living room.



PLAY

Find out which Olympic sport you're most suited to in our quick quiz!



TAKE TIME

Get inspired with these different ways of staying active without leaving home.



ACTION

Click here to find out more about exercising when you have health issues and advice on how to get started.

