David Fairlamb
THE FIT FACTOR

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VERY little progress has been made in reducing levels of inactivity worldwide, experts have warned.

A world health organisation report estimates that more than a quarter of people worldwide - 1.4 billion - are not doing enough physical exercise, a figure that has barely improved since 2001.

High income countries, including the UK, were among the least active. One in four adults in England get less than 30 minutes of exercise a week, with women more likely to be inactive. Unfortunately, South Tyneside tops the national chart with over one third of people deemed to be inactive.

Inactivity raises the risk of a number of serious health problems, such as heart disease, type-2 diabetes and some cancers. Worryingly there were 525,000 hospital admissions in England, in 2015-16, where obesity was recorded as a factor, the report also found that 6,438 weight-loss surgical procedures were carried out.

So what is deemed as doing enough exercise for anyone aged 19 to 64?

How much?

■ St least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity every week.

■ Strength exercises on two or more days a week that work all the major muscles.

■ Break up long periods of sitting with light activity.

What is moderate aerobic activity?

■ Walking fast, water aerobics, riding a bike on level ground or with a few hills, doubles tennis, pushing a lawn mower, hiking, skateboarding, rollerblading, volleyball, basketball.

What counts as vigorous activity?

■ Jogging or running, swimming

Create healthy habits, not restrictions

Motivational quote of the day

fast, riding a bike fast or on hills, singles tennis, football, rugby, skipping rope, hockey, aerobics, gymnastics, martial arts.

What activities strengthen muscles?

■ Lifting weights, working with resistance bands, doing exercises that use your own body weight, such as push-ups and sit-ups, heavy gardening, such as digging and shovelling, yoga.

What activities are both aerobic and muscle-strengthening?

■ Circuit training, aerobics, running, football, rugby, netball, hockey

Exercising little and often makes a big difference - just 10 minutes extra walking each day can improve a person's health and their overall quality of life.

It's never too late to start being more active, which can help you control your weight, reduce blood pressure and cholesterol and improve your mental health.

Although the above 150 mins

➢ Some types of gardening will definitely count as vigorous exercise!

moderate or 75 mins vigorous activity may seem a lot, if you break it down into daily amounts, its as little as 21.5 mins and just under 11 mins respectively.

If you are any way serious about looking after your health, well being and prolonging your life, I'm sure you are able to find this minimal amount of time to move more.