

# 19 reasons to be more active in 2019

Let's look at why being more active is the perfect goal

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## Physical activity doesn't necessarily mean exercise

Hate the gym?



Don't like to break a sweat?



Lead a busy life?



Don't worry. Physical activity doesn't have to be a hard workout

Physical inactivity (not moving enough) is the 4th leading risk factor for global mortality



It causes 6% of deaths every YEAR



21-25% of breast and colon cancers



27% of diabetes



30% of coronary heart disease cases

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Physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure

- WHO

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### It's free, if you want

Walking further, standing up more, taking a stretch every 20 minutes...it all costs a big fat nothing.

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### It prolongs your life

According to the NHS, keeping active cuts your risk of premature death by 30%. Not a bad reason to choose the stairs over the lift now and then.

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### 2019 is a big sporting year

If you don't feel inspired to move more right now, you will soon with the Rugby World Cup, Cricket World Cup and Women's Football World Cup all happening this year.

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### Save your heart

Studies show that regular physical activity reduces your risk of heart disease, stroke and some cancers by 50%.

## TIP:

Small bouts of activity are better than longer, less frequent workouts. Even in an office you should aim to move and walk every hour or use a sit-stand desk

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### Feel happier

When you start moving, your brain releases happy hormones - serotonin, endorphins and dopamine to give you a natural high.

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### Keep your back pain free

Keeping active strengthens supporting muscles to prevent injury, and it's even thought to help heal back pain by increasing blood flow and nutrients to the soft tissue in the back.

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### Stronger muscles

The more you use your body, the stronger it gets. Being strong isn't all about looking good - it helps protect your body from injury, and who knows when you'll next be challenged to an arm wrestle?

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### Stronger bones

Bones are living tissue. Weight-bearing physical activity causes new bone tissue to form, and this makes our bones stronger. As we get older our bones lose density so it's important to keep them strong to prevent breakages.

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### Manage mental health problems

In response to a growing body of research, health professionals are starting to recommend increased physical activity as a way of managing mental health issues like stress, anxiety and depression.

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### Manage a healthy weight

Keeping active throughout the day (every day) burns energy from the food we eat, helping the prevent unwanted fat storage (as long as you're not eating more too).

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### Concentrate better

Aerobic activity (the kind that gets your heart pumping) has been found to improve mental focus, helping people concentrate better on work tasks.

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### Remember things

Keep forgetting what you went into rooms/cupboards/drawers for? Maybe you should get out for a brisk walk. Harvard scientists say regular cardiovascular exercise can improve your memory.

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### Get rich and successful

Various studies suggest there is a link between being a regular exerciser, and being wealthy and successful. One study found that 85% of people earning £100-£200k a year are also regular exercisers. Best get those joggers on!

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### Establish better work-life balance

Being serious about physical activity can help you enjoy a better work-life balance. Being strict about exercise time encourages you to step away from work and prevents you from sitting for unhealthy lengths of time.

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### It can be fun and social

Whether it's a lunchtime stroll with colleagues, a regular 5-a-side football game with friends, or a dance-based exercise class with strangers - there's no denying physical activity can be fun and social.

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### Improves confidence and self-esteem

As you build your strength, fitness and endurance with increased activity, you will find yourself achieving things you never thought you would. This can have a great impact on your confidence and self-esteem in all areas of life.

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### Encourages exploration

Physical activity can be done in the safety of your home, but it's better to get out into the fresh air where you'll see new things and discover new places.

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### More room for cake

Finally and - let's face it, most importantly, ramping up your physical activity levels means that you don't have to beat yourself up for saying now and then. After all - you earned it!

The Oploft Sit-Stand Platform helps you stay physically active even while you work by moving from sitting to standing throughout the day.



Find out more by visiting [posturite.co.uk/oplft](http://posturite.co.uk/oplft)