



WHAT MAKES YOU GET UP AND GO?

The Physical Activity Loyalty (PAL) Scheme

Many people think they are too busy to get more exercise but making small changes can lead you to a healthier lifestyle. Taking the stairs instead of the lift, getting off the bus a stop early or walking to people in your office instead of using email are just some ways you can begin to be more physically active. Why not make exercise more enjoyable by walking with friends instead of sitting for a chat? Remember! Adults should aim for 10,000 steps per day to ensure you are meeting the guidelines. Start small and increase your step count every day.

If you would like more information on this project please contact: jmurray39@qub.ac.uk.

Inactivity is the fourth leading cause of death worldwide!

Being more active can reduce chances of heart attack, stroke and diabetes

Northern Ireland is one of the least active parts of the UK with only half meeting the guidelines!

Adults should get 150 minutes of moderate physical activity per week.

CENTRE OF EXCELLENCE FOR PUBLIC HEALTH NI
Queen's University Belfast