What good things could being more active do for you?

- Reduces pain
- Reduces stiffness
- Improves physical ability
- Improves quality of life
- Improves general health
- Improves mental health

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>-40%</td>
</tr>
<tr>
<td>Cardiovascular disease</td>
<td>-35%</td>
</tr>
<tr>
<td>Falls</td>
<td>-30%</td>
</tr>
<tr>
<td>Dementia</td>
<td>-30%</td>
</tr>
<tr>
<td>Depression</td>
<td>-30%</td>
</tr>
<tr>
<td>Joint and back pain</td>
<td>-20%</td>
</tr>
</tbody>
</table>

How can being active improve my pain?

- Better sleep quality & better self esteem
- Gradual increase in physical activity
- Improve fitness
- Less fatigue and greater energy
- Improves resilience

Being active is important for Musculoskeletal Pain.
Follow these Top Tips to keep you active:

1. Find something you enjoy. If one thing isn’t for you, try something else

2. Increase your duration of activity first, then the intensity

3. Ensure that you warm up before dedicated activity, and cool down afterwards

4. Muscle soreness after physical activity is very common, particularly if you’re new to regular exercise, but it does not mean damage. As you get stronger and fitter, this will get better

5. Function often improves before pain – strong muscles support joints

6. Don’t let bad days discourage you or make you stop

7. Exercise at the time of day when your pain is usually least severe

8. Wear supportive footwear – shock absorption and stability are important

9. Start slow and build up gradually aiming for bouts of 10 minutes or more

10. Tell your friends and family your plans

Build activity into everyday life:

- Yoga/pilates /tai chi
- Swimming or aqua class
- Exercise class
- Throwing ball in park with child
- At home
- Gardening
- Housework
- Carrying the shopping home
- Stand during advert break
- Travelling
- Cycling
- Public transport
- Walk
- Walking meeting
- At work
- Walking up stairs
- Standing to talk on telephone
- At play
- Exercise class
- Yoga/pilates /tai chi
- Swimming or aqua class
- Throwing ball in park with child
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