

10 ways to increase activity and fitness



Walking

One of the easiest ways to get active, try and include more steps in your day i.e. going for a stroll on your lunch, or taking the stairs instead of the lift.



Yoga

If you prefer something more mindful, why not try yoga? The NHS have created an online class suitable for all levels [here](#).



Running / Jogging

Running can seem daunting, but it can be built up gradually. If you're looking for support, the NHS have provided Couch to 5K guidance [here](#).



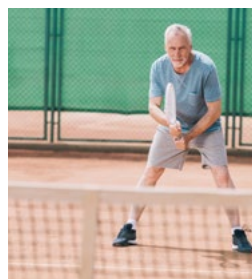
Dancing

From foxtrot to zumba, dancing is one of the most fun ways to get moving. Enjoy solo, or take a look what local dance classes are available in your area.



Swimming

A great all-round exercise, this low-impact activity will allow you to keep fit while being gentle on your joints.



Team Sport

Whether you prefer tennis or football, take a look at what team activities are available near you using [this tool](#) on the NHS website.



Home Workout

Cardio and fat burning exercises can be done from the comfort of your own home, the NHS have provided some routines to follow [here](#).



Gardening

Gardening is a great way to spend time in nature while burning off some calories, benefiting your mind and your body.



Cycling

Whether you're experienced or a beginner, cycling is a fun way to enjoy the outdoors with plenty of health benefits.



Deep Clean

A deep clean or declutter of your home are ways to get your body moving without having to leave your front door.

For more ideas on keeping active and increasing fitness take a look at the NHS website [here](#).