



Week 4: Long-Term Protection for Your Heart, Brain, and Lungs

A Sharper Mind & Brighter Mood

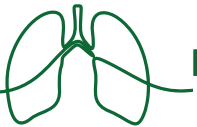
Walking doesn't just move your legs; it can also support your brain health. Regular activity can support your mood, sleep, mobility and general wellbeing.



A Stronger Heart and Better Circulation

Regular physical activity can support your heart, circulation and general health.

Regular walking can support healthy blood pressure and help reduce the long-term risk of heart disease and stroke.



Healthy Lungs & Immunity

Staying active can support fitness, mobility and independence.



Fitness, Mobility & Independence

Regular activity can support blood-sugar control and help with maintaining a healthy weight.

Speak to the practice before increasing your activity if you have not exercised for some time or have medical concerns.



Action Your Continuing Plan

As this programme concludes, review what worked for you during the four weeks and choose a realistic activity that you would like to continue.

1. **Keep the 10-Minute Rule:** walk for 10 minutes after your main meals.
2. **Record your progress:** using Active 10, a diary or a calendar.
3. **Stay active:** if you can't do long walks, short walks or indoor exercises are also beneficial.
4. Aim to build gradually towards 150 minutes of moderate-intensity activity each week if this is appropriate for you.

