

CLARITY GUIDES

In a world full of disinformation, get **Clarity.**

EVIDENCE · HISTORY · HOW-TO · FIFE

MOVEMENT IS MEDICINE

*Why, how and where to move more,
at any age and any fitness level*



Published by Clarity Guides · Cover: runners on an Attic black-figure amphora, c. 500 BC, Spurlock Museum, Illinois. Photo: Daderot, CCo

Preview – full guide coming soon – goclarity.uk

ABOUT THIS GUIDE



T *f a single pill could lower your risk of heart disease, stroke, type 2 diabetes, depression, some cancers, dementia and falls, everyone would want it. Regular movement comes close, and it is free.*

This guide explains why moving more matters, with the real evidence; how people have moved through history and across cultures; and how to get started with more than a dozen kinds of movement, from walking and wild swimming to strength training, dance and tai chi. There are simple ten-minute routines with drawings, a four-week starter plan, and free and cheap ways to move in Fife.

You do not have to be sporty. Some is good, more is better, and it is never too late to start.

Our three labels. **RECORD** means something we can show from a historical document or a published study. **LEGEND** means a story, tradition or popular saying that cannot be checked. **MODERN** means an idea or practice created or reshaped in the last century or so. You will also find paired boxes headed **What people report** and **What the evidence says**.

Not medical advice. This guide is for general information and education only. If you have a heart condition, chest pain, high blood pressure, diabetes, are pregnant, are recovering from illness or injury, or have any doubts, talk to your GP, practice nurse or physiotherapist before starting something new. Stop and seek help if you feel chest pain, severe breathlessness, dizziness or an irregular heartbeat. Please read the safety page.

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Our bodies evolved to move. For almost all of human history people walked, carried, dug, climbed and danced every day. Today many of us sit for most of our waking hours, and our health pays the price.

★ THE UK GUIDELINES IN ONE PAGE

RECORD In 2019 the Chief Medical Officers of England, Scotland, Wales and Northern Ireland published joint physical activity guidelines. For adults aged 19 to 64 they recommend:

150**MINUTES A WEEK**

of moderate activity, such as brisk walking or cycling, or 75 minutes of vigorous activity such as running. Spread it through the week.

2×**DAYS A WEEK**

of strengthening activities that work all the major muscles: legs, hips, back, abdomen, chest, shoulders and arms.

SIT LESS**EVERY DAY**

Break up long periods of sitting with light activity. Some movement is better than none.

Older adults are also advised to do activities that improve balance and flexibility on at least two days a week. Children and young people should average at least 60 minutes of moderate to vigorous activity a day (chapter 19).

★ WHAT COUNTS AS “MODERATE” AND “VIGOROUS”?

MODERATE

You breathe faster and feel warmer, but can still talk in full sentences. Brisk walking, easy cycling, gardening with effort, dancing, water aerobics.

VIGOROUS

You breathe hard and can only say a few words before pausing. Running, fast cycling or cycling uphill, swimming lengths fast, football, hill walking with a heavy pack.

STRENGTH

Your muscles feel tired by the last few repetitions. Bodyweight exercises, resistance bands, weights, heavy gardening, carrying shopping, climbing stairs, yoga and Pilates.