



# 10 MINUTE TAKE OVER NHS



## Useful Information

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Short on time? Hate the gym? Too tired to exercise after work? These 10-minute workouts are just what you need.

The fitness routines below are great to do at home and short enough for you to easily fit them into your daily schedule.

## [NHS Exercises Video link](#) [Physical Activity Guidelines for:](#)

- [Birth to five](#)
- [Five to 18 years](#)
- [Adults and older adults](#)
- [Disabled adults](#)
- [Pregnant women](#)

