Exercise and sport

Exercising is vital to staying healthy and looking after your body. It can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up to 50%, and lower your risk of early death by up to 30%.

Exercise is good for mental as well as physical well-being. Regular exercise can help to reduce the effects of anxiety and depression.

No matter what your age, ability or level of fitness, there's an exercise activity for you - whether it's walking in a park or nature reserve, playing team sports like bowls or football, lifting weights in the gym, joining in a dance or aerobics class, or doing light exercises designed especially for people with health problems. You can do a little or a lot.

Exercise is often free and easy to do, and can have immediate benefits.

The NHS Choices website has a lot of useful information and ideas on exercise.

Take a look at our Events section where we are gathering together information on local activities which will help people of all ages and abilities to exercise and get fit.

And if you know other activities which we can include then please tell us about them!