

A healthy move

Small steps lead to big changes in your health and fitness. Try some of these sports and your future self will thank you for the investment in your health!

Cardio

- strengthens your heart
- lowers blood pressure
- improves cholesterol levels

Try: Running, cycling, swimming or football



Strength training

- Increases bone density
- Increases muscle mass
- Prevents osteoporosis
- Maintains testosterone levels

Try: Weightlifting, rock climbing or rugby



High-intensity interval training (HIIT)

- Improves insulin sensitivity
- Improves glucose metabolism
- Reduces risk of type 2 diabetes

Try: Boxing, sprint intervals or circuit training



Team sports

- Combats isolation
- Provides accountability

Try: Cricket, basketball or five-a-side football



Low-impact activities

- Protects joints
- Maintains cardiovascular fitness
- Helps prevent arthritis and maintain mobility

Try: Swimming, cycling or golf



Flexibility and balance

- Reduces cortisol levels
- Improves sleep quality
- Releases mood-boosting endorphins
- Reduces anxiety and depression symptoms

Try: Yoga, tai chi or martial arts

