

# Being more active and MASLD: getting started

**MASLD, NAFLD and fatty liver disease are different names for the same condition.**

Being more physically active is one of the best ways to reduce liver fat and improve metabolic dysfunction-associated steatotic liver disease (MASLD). Regular activity also lowers your risk of type 2 diabetes and heart disease. If you're trying to lose weight, being active can help you keep the weight off. And it's good for your mental health too.

Getting started can feel challenging, especially if you haven't exercised much before. But you don't need to start with big changes. Small steps can make a big difference. Try to find simple ways to move more in your daily life and build from there. If you can't reach the recommended activity levels straight away, don't worry. Every bit of movement helps, and doing something is always better than doing nothing.

**You could start with small, simple changes like:**

- getting up and stretching if you've been sitting for a while
- walking to the shops instead of driving or parking a bit further away
- taking the stairs instead of the lift or escalator
- spending a few minutes gardening every day

As you become more active, try to build up to at least 2½ hours (150 minutes) of moderate intensity exercise each week. This should include a mix of aerobic (cardio) exercise and strength exercises.

Aerobic activities get your heart and lungs working harder. You should feel warmer and slightly out of breath. Strength exercises help keep your muscles strong, which supports balance and movement. Try to do these twice a week.

## Aerobic exercises

- brisk walking
- swimming
- dancing
- cycling
- tennis
- team sports



## Strength exercises

- lifting weights
- using resistance bands
- carrying heavy shopping bags



If this sounds like a lot, don't worry. You can break it down into shorter sessions throughout the week. You can see more ideas at [sportengland.org/get-moving](https://sportengland.org/get-moving).



Liver UK is the new name  
for the British Liver Trust  
and Children's Liver  
Disease Foundation

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## Top tips to help you get you started:

### Plan your activity

Decide when you will exercise and add it to your diary or calendar. This can help you stick to your new routine.

### Try something new

Many organisations offer free taster sessions, so you can find out what you enjoy.

### Get active in your community

Join an active local group, like a gardening club, walking group or a community litter pick.

### Get active at home

Use workout videos that you can follow at home. There are many free videos available online for different levels and abilities.

### Stay motivated

Try using a digital app to track your progress and keep you motivated. Good examples include NHS Active 10, Couch to Fitness and Couch to 5k.

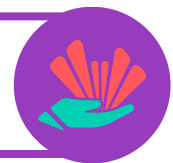
### Exercise together

Find an exercise buddy for support. Or get active with your children, grandchildren, or pets.

Most importantly, choose activities you enjoy. Make sure they match your fitness levels and any symptoms, like fatigue. You don't have to join a gym or run a marathon. Being active can be as simple as walking or just moving more while sitting.

**Living with a health condition can make it harder to stay active. Medication, fatigue, or a physical disability can also make exercise feel more challenging. If you're not sure where to begin, try talking to your GP or healthcare professional. They can help you find types of exercise and physical activity that are suitable for you. They can also make sure that you exercise safely.**

**How we can help:** Find out more about the support we offer at [liveruk.org/support](https://liveruk.org/support) or call our nurse-led helpline: **0800 652 7330**



## Other useful websites

NHS Better Health: [nhs.uk/better-health](https://nhs.uk/better-health)

Sport England: [sportengland.org](https://sportengland.org)

**We have lots of information about MASLD. To find out more, scan the QR code or visit [liveruk.org/masld](https://liveruk.org/masld)**



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