



**LOVE
YOUR
LIVER**

Thinking about being more active?

Being more physically active helps reduce the fat that can build up in your liver. This helps to prevent liver conditions caused by fat. It can also improve liver health if you are already diagnosed. The more physically active you are, the better. But don't let that put you off if just getting started feels like a struggle. **Remember that any activity is better than none.**

Find things you enjoy doing and that suit your level of fitness and any symptoms you have, like fatigue. You don't have to join a gym or run a marathon - you can be active by walking and when sitting down. Speak to your doctor to get suggestions or for a referral to local services like walking groups and free classes.

A burst of activity doesn't just help your physical health. It brightens your mood and helps your mental health too. **Mix and match these ideas to get started or add some of your own.**

Walk or cycle part of a journey.

Park your car a bit further away.
Or get off the bus a stop early
and walk.

Relax and shake off the day with
yoga or Pilates when you get
home. The NHS has free online
videos to guide you.

Go for a walk around the block.

Take the time to notice anything
new or things that make you
smile.

Take a movement break when the
TV ads come on. **Walk to another
room and back.** Or do some
seated stretches.

Seated exercise: you can be more active while sitting down if you need.
Try seated arm raises or hip marches.

Seated arm raises - sit up straight
with your arms by your sides.
Raise your arms out to the side,
palms facing forwards, as high as
feels comfortable. Then bring
them back down. Repeat 5 times.

Seated hip marches - sit up straight
without leaning back and hold on to
the sides of the chair. Lift your left
leg up then slowly put it back down.
Now do your right. Repeat 5 times
on each side.

For seated exercises use a strong stable chair that does not have wheels.

Turn over for your guide to how much activity to do



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

www.liveruk.org
email: info@liveruk.org

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How much physical activity should I aim to do?

The NHS recommends doing 2 different types of activity - moderate aerobic activity ('cardio') and strengthening exercises. Both of these can help with liver health.

Aim for 150 minutes of moderate physical activity a week. That's the same as doing 30 minutes on 5 days of the week. You can break it up however you like - just 10 minutes at a time counts. You should feel a bit out of breath and warmer.

Do strengthening exercises that work all your major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.

If you can't do the recommended amount at the moment, don't worry. Make a start by doing what you can. As your body gets used to being more active, build up your activity levels by pushing yourself a bit harder or keeping going for longer. Tracking how much you do can help you see your progress and stay motivated.

Moderate aerobic activities or 'cardio' include:

- brisk walking
- dancing
- hiking
- riding a bike
- pushing a lawn mower

Vigorous aerobic activities include:

- swimming
- running
- aerobics classes
- team sports such as football

1 minute of vigorous activity counts as 2 mins of the 150 min weekly goal.

Strengthening exercises include:

- yoga, pilates or tai chi
- exercises with weights or a resistance band
- exercises like push-ups or squats
- heavy gardening such as digging



It can be hard to get more active, especially if you're not feeling well. So be proud of yourself for trying. Simple seated exercises or walking a short distance are a good start.

Dr Kate Hallsworth, Senior Research Physiotherapist, Newcastle University

Where to get help with getting active

- Ask your doctor if they can refer you to physical activity specialist or to a local group like a walking club.
- Visit [nhs.uk/better-health](https://www.nhs.uk/better-health) for activities and exercises for all levels, including beginners.
- Talk to your family and friends, they can encourage you and you might find buddy to get more active with.
- Help yourself by thinking about when and where you could fit a bit of activity in and planning how you'll do it.