



# Living Well North Tyneside

Supporting Health and Wellbeing

Being active can reduce the risk of many chronic conditions, including obesity, type 2 diabetes and musculoskeletal conditions. It also can help prevent you getting depression, anxiety and other mental health problems.

It is important to break up long periods of sitting with light activity, as sedentary behaviour is now considered an independent risk factor for ill health, no matter how much exercise you do.

The government has published clear guidelines about the amount of physical activity individuals should participate in for good health and this depends on age. The guidelines can be viewed [here](#)

## Local support and information

Being active is really good for your body, mind and health – and there are lots of easy ways you and your family can get moving. If you're not as active as you should be you are putting your health and quality of life at risk.

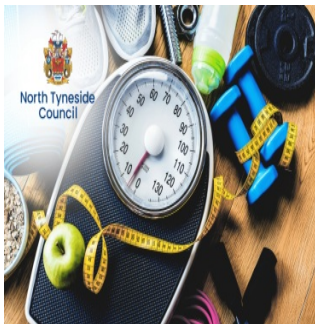
Find out what's available in North Tyneside for you [here](#) or call (0191) 643 7171.

## National information

Find out more about how to get moving on the Better Health website [here](#)



Keeping healthy | physical activity



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