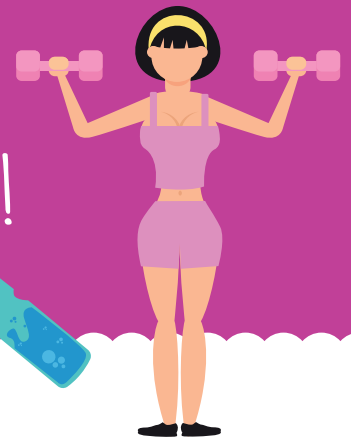




Exercise

A MIRACLE CURE !



It can **reduce** your risk of **chronic illnesses** such as **cardiovascular disease** and **type 2 diabetes**. It can **lower** levels of **stress** and **anxiety** through the release of neurotransmitters ('messengers') which promote calmness and well-being. It can help to **build** and **maintain** both **bone density** and muscle mass. It's an **anti-aging** potion as it helps to maintain a healthier body composition. It's free and easy to do. You simply need to **find activities which you enjoy**.

EXERCISE TRULY IS A MIRACLE CURE!

The World Health Organisation (WHO) recommends that adults aged 18-64 should aim for 150 minutes of moderate intensity exercise a week or 75 minutes of vigorous intensity exercise, ideally with a duration of at least 10 minutes. You should also do at least 2 sessions of weight bearing exercise involving major muscle groups a week.

MODERATE INTENSITY ACTIVITIES

- Brisk walking
- Cycling - moderate pace
- Gardening - mowing the lawn
- Badminton
- Swimming
- Golf
- Dancing

VIGOROUS INTENSITY ACTIVITIES

- Jogging
- Running
- Cycling - fast pace
- Tennis
- Football
- Skiing



- Brisk Walking
- Climbing stairs
- Weight lifting
- Heavy gardening
- Yoga (vinyasa style flow)
- Lifting children (!)

WEIGHT BEARING

NOTE THAT THE INTENSITY IS REALLY A MEASUREMENT OF HOW HARD YOU ARE WORKING. IF YOU ARE EXERCISING AT A MODERATE INTENSITY YOU SHOULD STILL BE ABLE TO TALK (BUT NOT SING!) WHILE AT A VIGOROUS INTENSITY YOU SHOULD BE ABLE TO SAY A FEW WORDS, BUT NOT 'CHAT'!



SUPERHEROES WALK!

Walking is an example of both a cardiovascular and a weight bearing activity! The aim should be to walk at least 7,500 steps per day which then means you are comfortably achieving the WHO recommendations for physical activity.

BEWARE OF THE CHAIR AND KEEP THAT WONDERFUL BODY MOVING!

TWO THIRDS OF THE EUROPEAN ADULT POPULATION ARE NOT REACHING THEIR MINIMUM RECOMMENDED TARGET OF 150 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY PER WEEK (WHO)



WHEN IT COMES TO WEIGHT CONTROL YOU CAN'T 'OUT EXERCISE' A BAD DIET



HOW MUCH ENERGY DO YOU NEED?

The number of calories we burn daily, which is known as our metabolic rate, depends on our age, weight, sex, height and level of activity.

The average woman needs 2000 calories a day to maintain her weight while the average man needs 2,500 calories. **This assumes a moderate level of activity, i.e. meeting the WHO guidelines for physical activity of 150 minutes of moderate intensity activity per week/7,500 steps per day. People tend to think that if they exercise, they can then eat more. For most of us this is not true! Equally, if you are not meeting the activity guidelines you will need less calories than the average person.**

HOW MUCH EXERCISE DO YOU NEED TO DO?

**MAINTAINING AND IMPROVING HEALTH:
150 MINUTES PER WEEK**

**PREVENTION OF WEIGHT-GAIN:
150 - 250 MINUTES PER WEEK**

**PROMOTE CLINICALLY SIGNIFICANT WEIGHT-LOSS:
225 - 420 MINUTES PER WEEK**

**PREVENTION OF WEIGHT-GAIN AFTER WEIGHT-LOSS:
200 - 300 MINUTES PER WEEK**

Source: Swift et al. (2014) The Role of Exercise and Physical Activity in Weight Loss and Maintenance Progress in Cardiovascular Diseases, 56, (4), pp. 441-447.

DIET IS MORE EFFECTIVE FOR WEIGHT LOSS THAN EXERCISE ALONE!



CHARLOTTE'S TOP TIPS FOR BEING MORE ACTIVE:

MOVE

- Aim to walk part of the way to work. If this is possible, it's an easy way to add in 20-25 minutes of physical activity into your day

WORK

- Fidget! Pump your legs under the desk by doing a 'heel/toe movement'
- Stand up to take all your phone calls

- Find reasons to go up and down stairs - coffee breaks, toilettes, meetings
- Switch your chair for an exercise ball
- If you don't have a stand-up desk, try making one. Use a stack of books to increase the height of your desk so you can comfortably work standing up
- Have active meetings where you can discuss business while walking

HOME

- You can use an ironing board as a stand-up desk!
- Don't overheat your house - you burn more calories when it is cold!
- Be a child - dance and play!

GET PHYSICAL!

- Find the fun factor - it should not be a torture. Find an activity you love doing, and make sure you commit to it a couple of times a week