

PHYSICAL ACTIVITY

RECOMMENDATIONS

It is recommended that adults over the age of 18 perform physical activity as follows:

- At least 150 minutes/week of moderate exertion, e.g. a 30 min walk 5 times a week that makes you warm and raises your pulse a little or
- 75 minutes/week of high exertion, e.g. a 20–30 min run 3 times a week that makes you sweat and causes your pulse to rise significantly or
- A combination of both high and moderate intensity, e.g. a 20 min walk 3 times a week, a 30 min swim once a week and a 30 min group training session once a week.

Stretch your legs regularly if you have a sedentary job or spend a lot of your leisure time seated.

Older people over the age of 65 also need to do balance training.

Further positive health effects can be achieved by:

- Increasing the amount of physical activity by increasing the level of exertion or the number of minutes per week.
- Performing muscle-strengthening activity at least twice a week for the majority of the body's muscle groups.

Everyone should avoid sitting for long periods. It is recommended that people in sedentary jobs or who spend a lot of their leisure time seated should take regular breaks (stretch their legs) involving some form of muscle activity for a few minutes.

The best exercise is the one you do!

PHYSICAL ACTIVITY

Physical activity is good for everyone's health. Physical activity includes all types of exercise that increase your metabolism. This may include leisure activities such as outdoor activities, exercise/physical training, sport and gardening, activities at work or in the home, as well as active forms of transport such as walking and cycling. All exercise is good, and you do not need to sweat for it to have a good effect on your health. You gain the positive effects irrespective of age or exercise habits. It is never too late to start becoming physically active. Just think of it as a 'health factor' and try to work it into your day-to-day routine.

HAS POSITIVE EFFECTS

- Makes your body stronger and more flexible
- Gives you more energy
- Makes it easier to keep your weight down
- Improves sleep
- Reduces stress/anxiety
- Soothes aches and pains

HELPS TO PREVENT

- Cardiovascular disease
- High blood pressure
- Diabetes
- Osteoporosis (brittle bones)
- Depression
- Cancer



GETTING STARTED

STEP COUNTER

One way of telling how much exercise you are getting each day is to use a step counter. This records your steps in a simple way every time you move around on foot during the day. Start by recording how many steps you do per week so that you can work out your average number of steps per day. Then gradually increase this until you achieve your target. If you walk an average of 5,000 steps/day and increase by 10% that will mean 5,500 steps/day.

NORDIC WALKING

Nordic walking is good exercise for the whole body and is suitable for many people. Using poles increases both speed and stride length, often improving fitness.

Pole length

The elbow should be at a right angle (90°) when you stand with the poles pointing straight downwards. The poles must reach a few centimetres above the waist.

Nordic walking – how to do it

The poles are held close to the body and follow your natural walking rhythm. The poles have a slightly backward-leaning position when placed on the ground.

GENERAL ADVICE

There are many ways to increase your daily exercise. The best way is to make it part of your everyday life.

- Break the habit of sitting still
- Walk to work, or part of the way
- Switch from certain forms of transport to walking or cycling
- Take the stairs rather than the lift
- Go for a walk at lunchtime
- Enjoy the fine weather – go for a walk

Find an activity that you enjoy. Do it with someone else if you wish. Start carefully and increase gradually. By all means vary more intensive activity with everyday exercise.

Start carefully and increase gradually!

ACTIVITY DIARY

You can use an activity diary to record your activities over a week. It will provide you with an overview of how your week looks and can help once you have decided to increase your physical activity. You can use the activity diary below to record your physical activity over a month.



	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PHYSICAL ACTIVITY ON PRESCRIPTION

It is possible to get a prescription for physical activity for various conditions, or to help prevent ill-health. The training prescribed for you will depend on your diagnosis. The prescription is in addition to, or in place of, medication. Speak to your healthcare provider if you are interested in physical activity on prescription.

MORE INFORMATION ON PHYSICAL ACTIVITY

www.1177.se/Kronoberg/Tema/Liv-och-halsa/
www.fyss.se

Contact your healthcare provider for more information or if you feel you would like advice and support in becoming more physically active.