

Benefits of Physical Activity

No matter how fit or unfit you may be, anyone can get more active and reap benefits. People who exercise are less likely to develop illness and are more fit and able to continue routine activities daily into old age and manage additional physical demands during disasters. Evidence based physical activity recommendations include regular exercise and increasing movement throughout the day (e.g. activity breaks from sitting). However, for many it is hard recommendations, especially taking activity breaks or moving throughout the day, which often requires us to move in front of others. Adopting the VMove initiative can help overcome inhibitions to move anywhere and everywhere, and help you meet the physical activity recommendations. It has been proven that exercising and moving throughout the day have independent benefits, and both are important. So be persistent and creative to exercise daily and move whenever you can wherever you are.



Learn more and
find new ways to
be active!

Website:
www.vmovement.com
Facebook: VMove
YouTube: VMovement



**Stay
healthy,
Be active**



Physical activity recommendations, each of which has different benefits are listed below.

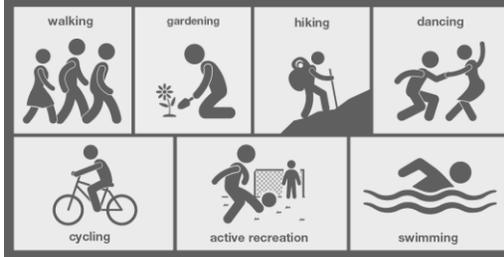
Aerobic activity

Heart rate and breathing increase during aerobic activity, which keeps your heart, lung and circulatory system healthy. It is recommended to get 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity aerobic exercise a week. This can be broken down into at least 30 minutes of moderate-intensity exercises 5 days a week or 25 minutes of vigorous aerobic activity 3 days a week. You can:

- Walk, jog, run, swim or cycle. If you cannot access open spaces, run or walk in place while watching TV!
- Take stairs instead of elevators
- Take frequent 2-minute activity breaks, ask others to join!
- Sit less, move creatively all day!
- Dance with or without music
- Follow workout videos or apps (e.g. Zumba, HIIT, Tabatha)

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:



Strength training or Weightlifting

It helps you build strength, muscle mass, improves bone health, posture, flexibility, mobility and mental health! It has numerous health benefits such as risk reduction of cardiovascular conditions. You can use objects like water bottles, food cans, sandbags, soda bottles or your own bodyweight. Try to strength train at least 3 days a week targeting different muscle groups such as the arms, legs, and core with 8-12 repetitions of exercises like squats, lunges, pushups, planks, deadlifts, shoulder press, row among many others.

SIMPLE BODYWEIGHT WORKOUT YOU CAN DO ANYWHERE



Stretching and balancing

This helps improve posture and flexibility, prevents injury and falls, and helps release tension and calm the mind. Do yoga postures or other exercises to lift your extremities and trunk against gravity for a few minutes every day. You can do planks, circular motions with your outstretched arms using weights, or lay down and cycle with your legs. Hold different poses to improve your balance while relaxing your breath. Target different muscle-tendon groups like neck, shoulders, chest, lower back and legs stretching 2-3 times a week holding each stretch for at least 1 minute. Be creative and step it up slowly!



Reduce sedentary time

Being stationary by sitting for long without activity breaks or lying down too much can have negative effects on health by increasing risk of obesity and diabetes. It is generally recommended to stand and take physical activity breaks after every 20-30 minutes of sitting by standing or stretching for at least 5 minutes.