

LET'S GET FIT!

The human body is designed to move. And yet many of us spend hours sitting every day – at our desk, in our car or watching TV. The physical and mental benefits of kicking our sedentary habits are well worth the time and effort to get into a good fitness routine. Here are our top tips to move more and sit less.



THE BENEFITS

Reduced risk of major illness

such as heart disease, stroke, type 2 diabetes, cancer by up to 50%



Healthy weight and body composition

Burns calories but more importantly:

Increased muscle mass means better capacity to burn fat



Stronger bones

Lower risk of fractures and osteoporosis

Esp weight bearing exercise



Stronger muscles

After the age of 30, we lose 5% muscle mass every 10 years

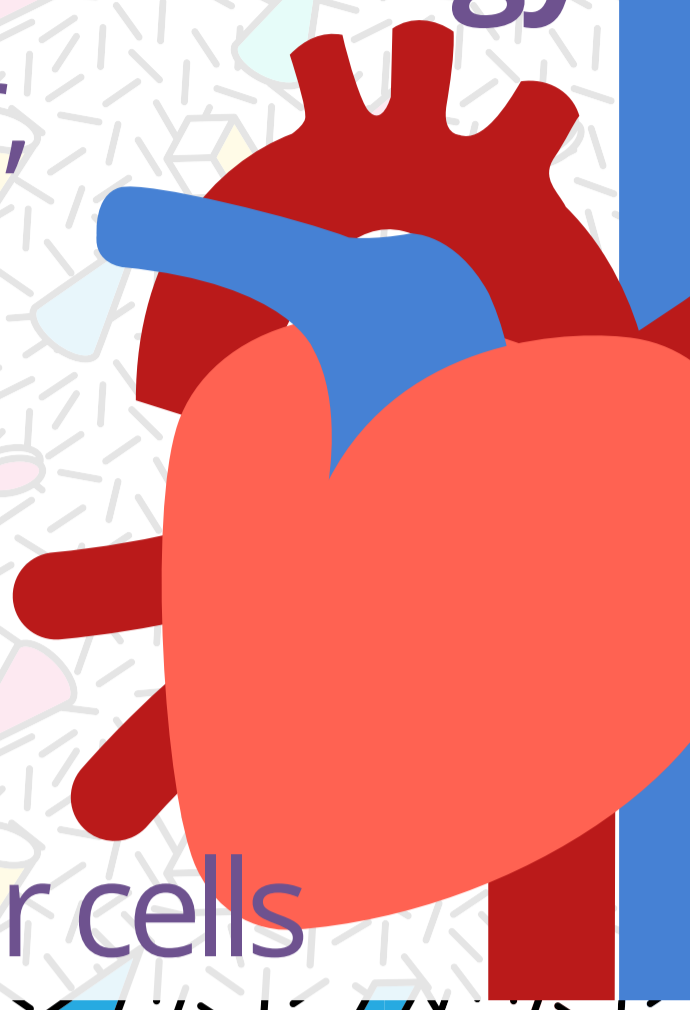
Resistance training to reverse ageing effects of muscle loss



Better fitness and energy

Heart is stronger, more oxygen circulating

Better energy production in our cells



Lower stress and better sleep

Reduces stress hormones adrenalin and cortisol

Meditative effects of getting 'in the zone'



Mood boosting

Reduces risk of depression by up to 30%

Releases feel-good endorphins (runner's high) and serotonin

Boosts confidence



Improved brain function

Up to 30% lower risk of dementia

Increases connections between neurons

Brings oxygen to the brain

Improves memory



CREATING YOUR EXERCISE PLAN

Build it into your day:

Take the stairs

Walk or cycle instead of driving

Walking meetings

Active holidays

Energetic gardening and housework



Aerobic activities

- at least 150 min per week

- Running
- Cycling
- Dancing
- Rowing
- Tennis
- Swimming
- Sports
- Brisk walking



Try high intensity interval training: Sprint 8 protocol resulted in middle aged women losing 27% body fat in 8 weeks by doing 3 x 20min workouts per week.

Muscle strengthening

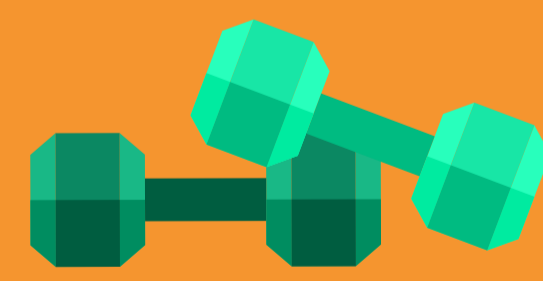
- at least twice a week

Weights

Resistance bands

Target large muscle groups for the greatest benefits

Circuits and other bodyweight workouts (e.g. squats, push ups, plank, sit ups, lunges)



Flexibility and balance

- at least 2-3 times a week

Yoga, pilates, Tai Chi, stretching – holding poses at least 60 seconds keeps your joints healthy and reduces muscle strain



GETTING AND STAYING MOTIVATED

Find activities you enjoy



Make it social: Park Run, team sports, fitness buddies



Block the times out in the diary



Commit to a Challenge



Build recovery into your routine

Give your muscles time to repair



Ask your GP for guidance on safe levels of intensity before increasing your physical activity