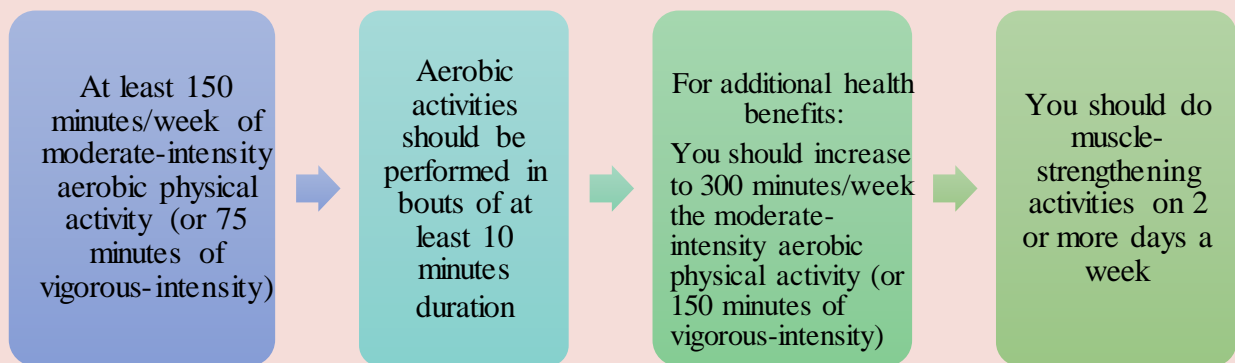




RECOMMENDATIONS ON HEALTH FOR PHYSICAL ACTIVITY

DO YOU DO SUFFICIENT PHYSICAL EXERCISE?

The World Health Organization (WHO) established in 2010 several global recommendations on physical activity in order to prevent certain diseases and their impact on the sedentary population. To improve the cardiorespiratory, muscular and bone systems, in addition to reducing depressive or metabolic diseases in adults between 18 and 64 years, what the World Health Organization recommends is:



Own elaboration table based on WHO recommendations

However an article in La Vanguardia (2016) stated WHO was recommending to do five times less exercise than you should. A new research published in the British Medical Journal reviewing 174 scientific articles, states that these minimum recommendations should be quintupled to reduce the risk of diseases such as breast or colon cancer, diabetes or myocardial or cerebral infarction. This article recommends “performing between 1.7 and 2.3 hours a day of moderate physical activity or between 53 and 71 minutes a day of vigorous physical activity”.

Do you achieve the minimum recommendations?

If your answer is NO, maybe you should resolve to start now.

You will achieve it!

Let's get started!

	Be active	Build strength	Improve balance
	Keep your heart and mind healthy	Strengthen muscles, bones and joints	Reduce your risk of falling
How often?	150 minutes of moderate activity a week or 75 minutes of vigorous activity a week	2 days a week	2 days a week
Walk	Run	Gym	Dance
Gardening	Sport	Aerobics	Tai chi
Swim	Stairs	Carry bags	Bowling
Sit less	TV	Sofa	Computer
Break up long periods of sitting down to help keep your muscles, bones and joints strong.			

DIFFERENT TYPES OF PHYSICAL ACTIVITY





WHAT ASPECTS SHOULD I TAKE INTO ACCOUNT TO FULFILL THESE MINIMUM PHYSICAL ACTIVITY REQUIREMENTS? (MundoDeportivo, 2017)



- Physical activity includes not only sport activities such as swimming, running or fitness. It also includes leisure activities as walking or cycling, occupational activities as walking going to work or errands, domestic or daily activities such as climbing stairs instead of taking the lift.
- Start with short-term planning (for example, one week) to achieve goals. These objectives must be realistic and easy to meet at the beginning, to gradually increase their difficulty.
- Get a medical check before you start exercising.
- In the case of cardiovascular, respiratory or bone-muscular diseases, it is recommended to carry out the activities together with professionals of physical activity and sport who carry out an individualized exercise program.
- It is no use doing everything in just one day and resting the rest of the week. A little exercise every day will increase the benefits.

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure [added to the resting time energy expenditure (basal metabolism)].



DIFFERENT TYPES OF PHYSICAL ACTIVITY





WHAT BENEFITS CAN YOU GET IF YOU FULFILL THESE MINIMUM PHYSICAL ACTIVITY REQUIREMENTS?

There are scientific studies that show that physical activity practiced regularly, that is, all or almost every day of the week (Andrade, F. y Pizarro, J.P., 2007):

- Helps to stay physically agile as it increases muscular endurance, improving functional capacity, decreasing the risk of falling and allowing a better development of other physical activities of daily life.
- Prevents osteoporosis (loss of bone mass).
- Improves mental well-being, reduces symptoms of anxiety and stress and reduces the risk of depression. It also increases the perception of well-being and satisfaction with the body itself.
- Enhances sleep quality.
- Improves cognitive function.
- Improves digestive processes and bowel rhythm.
- Reduces the risk of certain types of cancer.
- Improves social welfare by promoting sociability and increasing autonomy and social integration, especially in people with disabilities.
- Reduces the risk of obesity. Physical Activity is a determining factor in energy consumption, so it is essential to achieve energy balance and weight control.
- Reduces the risk of developing certain diseases such as: type 2 diabetes, cardiovascular diseases, high blood pressure, hypercholesterolaemia (high cholesterol), increasing "good" cholesterol (HDL) and decreasing "bad" one (LDL).
- Improves the evolution of some chronic diseases such as diabetes, hypertension, hypercholesterolaemia or obesity, once they have developed.

INACTIVITY HAS NEGATIVE EFFECTS ON OUR HEALTH

Not doing physical activity worsens our physical and mental condition, which increases the risk of disease. Once we get sick, if we continue to be physically inactive, the disease will have worse evolution and will lead to a greater loss of functional capacity, creating a vicious circle that will make us progressively worse.

DIFFERENT TYPES OF PHYSICAL ACTIVITY





HOW TO REGISTER MY PHYSICAL ACTIVITY TIME?

To help you in this task of fulfilling the objectives proposed, there are different applications that can help you make a full record and monitor your physical activity. In addition you will be provided with extra motivation to meet the minimum requirements.

If you are a beginner, the recommendation is to start with a basic app that accounts for your steps such as: ActivityTracker or StepsApp.

As you meet the goals, the next step would be to use MyFitnessPal or Google Fit, which will also help you to keep a nutrition log and vary the exercises.

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DIFFERENT TYPES OF PHYSICAL ACTIVITY

