

“ People who believe they don't have time to do physical activity will eventually be forced to set aside time for illness” - Edward Stanley ”

Activity

30 minutes a day is enough to see health improvements

Humans are designed to move

For our ancestors, who were hunter-gatherers, movement was required to survive. To preserve energy, it was important to relax whenever there was a chance. Today, many of us live inactive lives, both at work and at home - but our bodies still need to move. To have a healthy body and mind, we must set aside time for exercise.

Daily exercise is a great way to feel great

At least 30 minutes of daily exercise is a good start for your body. Move until your body feels warm and until you can feel your heart beat - but not so much that it gets difficult to talk. If you want, divide the time into shorter workouts of ten minutes each.

Also, remember that you can squeeze in some extra exercise. For example, by kicking a ball around with your kids, working in the garden or taking the stairs instead of the lift.

If you spend a lot of time sitting down, you can also improve your health by taking short active breaks, if possible - every thirty minutes.

The best exercise is the one that gets done

There are many ways to get some exercise, and it's never too late to start. The important thing is that you find an activity that is fun and enjoyable - for you. Take a brisk walk, or visit the local sports clubs and see what they have to offer.

! If possible, walk or take the bike to work.

What are the benefits of increasing your daily movements?

- ✓ Your whole body will get stronger and more flexible
- ✓ Your heart will pump more effectively
- ✓ You will get more energy
- ✓ You will get more good cholesterol
- ✓ Your metabolism will improve
- ✓ You decrease the risk of broken bones
- ✓ You will fall asleep easier
- ✓ Your spirit will improve
- ✓ Pain will be alleviated
- ✓ Activity lower the risk of suffering from illnesses such as adult-onset diabetes, high blood pressure and depression

Visit www.1177.se for more information.