

Age-Defying & Disease Defence Plan

Strategy #3 – Get the Right Dose of Physical Activity



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

The recommendation is an accumulation of 30 minutes (equivalent to 3-10 minute bouts) or more of moderate intensity physical activity on most, preferably all, days of the week.

Did You Know?

- Walking 5000 steps or 30 mins/day = 15 lbs lost in a Year.
- For Every Minute You Walk = 2 Minutes of Extra Life.
- Death Rates significantly decline with dedicating only 3% of your day to exercise – that’s 43 minutes!
- Walking 30 minutes = Walking Three, 10-Minute Bouts. Split it up to get it in!

Resistance Exercise

Weight training can seem daunting but resistance training doesn’t have to be carried out in the form of lifting weights per se. A study showed that resistance training 3x per week over 10 weeks demonstrated a 25% reverse in type 2 muscle fibre loss (that’s strength fibre). This can even be demonstrated in elderly individuals so it’s never too late! Research has shown that rate of osteoporosis is lowered too.

- Resistance training can be done using our own body resistance, using soup cans, or resistance bands.
- Weight lifting classes to teach you how to perform the moves are available in your community. You can also ask your EWSNetwork Wellness Consultant for a tailored program to suit your individual needs.
- You don’t have to use a lot of weight to get results!

Flexibility

- Stretching exercises can improve digestion and metabolism. They also elongate the muscles so there are fewer injuries and you can also maintain better balance.
- Start with gentle reaching, stretching and bending activities. Work them into your day!
- Ideally, do some sort of stretching/flexibility exercise most days of the week. Try a few at your desk or in your car.
- Remember to stretch the large muscle groups before and after cardiovascular or resistance training exercise.

***Contact your doctor prior to beginning any exercise regime.*