

HEALTH & WELLBEING



BENEFITS OF EXERCISE

DID YOU KNOW THAT EXERCISE CAN REDUCE YOUR RISK OF MAJOR ILLNESSES SUCH AS HEART DISEASE, STROKE, TYPE 2 DIABETES AND CANCER BY 50% AND LOWER YOUR RISK OF EARLY DEATH BY UP TO 30%?

Exercise is one of the best things you can do to keep your heart healthy and reduce your risk of developing stroke or coronary heart disease. We have all heard it many times before - regular exercise is good for you, and it can help you lose weight. But if you are like many of us, you are busy, you have a sedentary job, and you haven't yet changed your exercise habits, the good news is that it's never too late to start. You can start slowly, and find ways to fit more physical activity into your life. To get the most benefit, you should try to get the recommended amount of exercise for your age. If you can do it, the payoff is that you will feel better, help prevent or control many diseases, and likely even live longer.

WHY IS EXERCISE SO GOOD FOR US?

Exercise is the miracle cure we've always had, but for many of us, we've neglected to take our recommended dose which means our health suffers. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.



HOW MUCH EXERCISE SHOULD YOU BE DOING?

You should aim for 30 minutes of moderate intensity exercise on most days of the week. 'Moderate intensity' means that it should make you feel warm and breathe more heavily than usual, but you should still be able to talk but not sing! If you find it hard to fit this into your life, don't give up - split it up into shorter periods, say 10 minute sessions, as even shorter amounts of exercise offer benefits.



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WHERE TO EXERCISE

There's no need to join a gym or take part in organised sport, unless you want to. Remember that activities such as gardening, housework, taking the stairs and walking the dog all count toward your total. You could do the following:



Take the stairs instead of the lift



Park your car at the far end of the car park



If you travel by bus, get off a stop before your destination and walk the rest of the way



Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.



Mowing the lawn or other gardening activities are a good form of exercise



A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine

EXERCISE FOR EVERYONE

Whatever your age or mobility level, it's important to be as physically active as you can be healthy. Swimming is a good choice if you have restricted mobility because the water supports your body weight.

Even if you haven't exercised in the past, starting to do some form of activity now can set you on the road to improved health. You don't have to exercise strenuously to achieve benefits, but you can see bigger benefits by increasing the intensity, duration and frequency of your workouts.

There are very few medical reasons not to be physically active, but check with your GP before starting to exercise if you're in doubt. The risk of doing yourself any harm is low if you start gently.

Build up how often you do the before you increase how hard you work during a session. Sudden vigorous exercise, if you're not used to it, can put your heart under too much strain and can be dangerous.



IF YOU ARE OVERWEIGHT, YOU'RE 80% MORE AT RISK OF HEART DISEASE.

The best way to control your weight is to combine regular exercise with a healthy diet. Exercise is not only good for your body, it is good for the mind as well – a great mood booster!

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WHAT NEXT...?

If you're not up for joining the gym it can be a bit daunting working out what to do.

Why not try...



Go for a brisk walk

Ride your bike

Go dancing

Mow your lawn

Do an aerobic /

HIIT class online

Go for a jog

Swimming

Play sports such as

football, rugby,

netball and hockey

Skipping rope

Martial arts

Yoga

Pilates

Tai Chi



There's many workouts on YouTube, Apps, walking, jogging and cycling apps. Making exercise enjoyable means that you are more likely to carry on doing it so find something you love and shout about how good it makes you feel.

HOPEFULLY YOU'LL BE MOTIVATED TO MOVE AND
IF YOU ARE PLEASE SHARE YOUR STORY TO YOUR
MANAGER AND TO THE SHEO TEAM!

