

Exercise Guidelines

Take care
of your body
it's the only
place you
have to live

“START INTO EXERCISE SLOWLY”

Start with an easy 10 minute walk or bike ride every other day. Increase the time by 5 minutes every week until you are exercising for 30-40 minutes.

“HUFF AND PUFF”

If you are already doing some exercise add a bit of
About a quarter of your exercise time should be at a moderate to high intensity.

“PROGRESS OR CHANGE”

your exercise over time. Your body is intelligent, it will learn from and adapt to the exercise that you do. The more you vary your exercise the more health change that occurs.

“RESISTANCE EXERCISE”

Muscle strength and endurance naturally decline with age. Even a basic weight-based exercise programme can help to maintain strength and endurance.

“STRETCHING REGIME”

A simple
is helpful for mobility of muscles and joints. Stretching can be performed after any exercise or after a short warm-up on non-exercise days.

“5 DAYS OF THE WEEK”

How often and for how long?
Aim to be active at least
Cardio based exercise at least 3 days per week. Resistance exercise at least 2 days per week.