

# Physical Activity



In 2006, the City to Surf is on:

**Sunday 27<sup>th</sup> August**

Grab your friends and get along to it, choose from either:

- 12km run
- 12km walk
- 4km run
- 4km walk

Start training now! Come on, get into it!

**Exercise defined** – any movement that is produced by the muscles of the body.

**Exercise allows you to:**

- Draw through **more oxygen** enabling the blood cells to become nourished with nutrients
- **Provide extra energy** to “get through” the day or stressful period
- Provides a **relaxation state for the mind and body**
- Allows the **muscles to become** filled with blood and therefore **nourished**
- Allows the mind to **leave the state of stress** that it has been dealing with for the day and provides a new state of thinking to enter the mind



## Why Exercise?

<b>Enjoyment</b>	Competitive feelings, satisfaction of pushing yourself
<b>Fitness</b>	Wanting to achieve more, striving to be faster, stronger or more skilled
<b>Team involvement</b>	Winning games, camaraderie, having fun with team after the sport
<b>Social outing</b>	Meeting new people, competing against friends
<b>Weight loss</b>	Trying to fit into clothes, look better for a partner, unhappy with image
<b>Stress release</b>	Escape from work pressures, build-up of energy from stress/anxiety
<b>Adding muscle</b>	Bulking up for a sport, to look good at the beach 😊
<b>Health benefits</b>	Control diabetes, boost energy levels
<b>Training</b>	For upcoming events (City to Surf, Rottneest Channel Swim, Triathlons)

## Exercise Benefits

Decreased fatigue in daily activities	Decrease or reduce the risk of hypertension
Improved work, recreational and sports performance	Decrease or reduce the risk of non-insulin dependent diabetes mellitus
Improved cardiorespiratory function	Decrease or reduce the risk of osteoporosis
Increased maximal oxygen uptake	Decrease anxiety
Increased maximal cardiac output and stroke volume	Decrease depression
Increased capillary density in skeletal muscle	Improved blood lipid profile (decrease triglycerides, increase HDL's)
Increased mitochondrial density	Improved immune function
Increased lactate threshold	Improved glucose tolerance and insulin sensitivity
Lower heart rate and blood pressure	Improved body composition
Lower myocardial oxygen demand	Enhance sense of well being
Lower minute ventilation	Controls weight and lowers the risk of becoming obese
Decrease risk of mortality from all causes	Reduce the risk of developing lower back pain
Decrease risk of coronary heart disease	Helps prevent or control risky behaviours, like tobacco, alcohol and or other substance use, or violence
Decrease risk of cancer (colon, breast and prostate)	Helps to achieve rehabilitation program success

## Find thirty

*It's not a big exercise.*

**For a health benefit, it is recommended that you get 30 min of exercise EVERY DAY to gain any form of benefit from exercise.**

**This exercise can be split into 3x10min if you want to, so long as the total is 30min at the end of the day!**

**It's easy:**

- take a walk at lunch
- take the stairs
- do some gardening
- walk the dog
- go jogging with friends
- play touch rugby or soccer after work