

PHC

Getting Active - Exercising



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.

Why should we exercise?

- **Improve Mood** – Exercise has been proven to improve your mood and decrease negative feelings. It increases the production of endorphins which are known to help produce positive feelings and reduce the perception of pain. It doesn't matter how intense your workout is. It seems that your mood can benefit from exercise no matter the intensity of the physical activity
- **Weight Loss** – Exercise is crucial to supporting metabolism and burning more calories per day. It helps to maintain muscle mass and weight loss. Studies show that combining aerobic exercise with resistance exercise can maximise weight loss and maintain muscle mass.
- **Increased energy levels** – Exercise can be a real energy boost.
- **Memory and Brain Health** – Exercise increases your health rate, which in turn promotes the blood flow to your brain. This promotes growth of brain cells including the part of the brain used for memory and learning.
- **Sleep Quality** – Regular Exercise can help you to relax and sleep better. The usage of energy during exercise encourages the body to relax and enables you to have a better night's sleep.



What counts as exercise?

To stay healthy, adults should try to complete a mixture of different intensity activities and a range of strengthening exercises every week:

- 150 minutes of moderate aerobic activity **and** strength exercises on 2 or more days.
OR
- 75 minutes of vigorous aerobic activity **and** strength exercises on 2 or more days.
OR
- A mixture of moderate and vigorous aerobic activity **and** strength exercises on 2 or more days.

Moderate Aerobic – Brisk Walking, Hiking, Skateboarding, Pushing a lawn mower, Volleyball

Vigorous Aerobic – Running, Jogging, Swimming Fast, Football, Tennis, Gymnastics, Martial Arts.



Struggling for Ideas?

Below are a few ideas that are quick, free and can be done at home.

- The Humble Pillow: Good for sleeping, but even better for exercising! This strength routine turns your pillow into a free weight to work your major muscle groups.
- The Sofa Workout: Can't tear yourself away from the TV? Why not turn your couch into a workbench with this 30-minute full-body muscle-strengthening workout.
- Seated Chair Yoga: Release tension in your limbs with this seated yoga routine, which you can do throughout the day, including at work at your desk. Perform each move slowly and smoothly, and breathe deeply and regularly.
- Movie Night Workout: Here's a chance to turn that sofa into your playground making the night-in movie your fitness aid. If you want to have your cake and eat it, this is the perfect way to start. So indulge, watch that film and chill at home and don't forget to make your reps count.

pillow workout
 repeat 5 times | up to 2 minute rest between sets
 © neilarey.com

20 pillow presses 10 pillow squats 10 pillow high knees
 20 pillow strikes 20 pillow lunges

www.nhs.uk **NHS** choices

Sofa Workout
 Repeat 3 times | up to 2min rest between sets
 © neilarey.com

20 half squats 10 sofa dips
 20 climbers 10 side-to-side sofa walks
 10 leg raises 10 raised leg circles

www.nhs.uk **NHS** choices

3-minute seated Yoga
 www.nhs.uk **NHS** choices
 OFFICE-FRIENDLY WORKOUT
 © darebee.com
 30 seconds each

back fold stretch up alternating side stretch
 alternating lotus twist alternating lift & reach alternating half lotus

movie night
 DAREBEE WORKOUT © darebee.com
 Repeat 3 times | up to 2 minutes rest between sets
 or every 20 minutes during a movie

20 leg swings 20 front snap kicks
 40 punches 40 overhead punches
 20 knee taps 20 air bike crunches

AIRPLANE WORKOUT
 BY DAREBEE © darebee.com

4 side-to-side turns 2 neck stretch 4 side-to-side tilts 4 shoulder rotations
 10sec straight back hold 10sec shoulders back hold 5sec half twist hold (each side) 5sec overhead stretch hold
 10sec knees raise hold 4 calf raises 4 toe curls 4 side tilts

TV WORKOUT
 © darebee.com 10 REPS EACH during commercial breaks or every 20 minutes

1 leg raises 2 tricep dips 3 leg pull-ins 4 scissors

For more ideas please see:

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>
<https://darebee.com/wods.html#sort=position&sortdir=desc>