

Physical exercise in sports facilities

The general population is recommended to do a **MINIMUM** of 3 hours of **cardiovascular endurance** and two **muscle strength** sessions per week.

Start with low-intensity exercises, gradually increasing to one hour per day, almost every day.

Strength training three times a week helps control cardiovascular risk factors.

In addition to outdoor sports activities, the use of **community sports facilities** (gym, courts, swimming pool) is also recommended, as they are a safe environment. Group activities help maintain motivation.

Pregnant women, older adults, and people with chronic diseases: it is advisable to do supervised physical exercise; **sports technicians** are the professionals responsible for adjusting the intensity and type of exercise in guided activities.

For older adults, balance and coordination activities are recommended twice a week.

High-intensity interval training (HIIT) is contraindicated for people with hypertension, heart failure, diabetes, obesity, or who smoke.

Drink enough water.

Find out about the sports insurance coverage offered by each center.

