

Physical exercise

Exercise keeps one healthy. Moderate daily exercise improves fitness in sedentary or inactive people. Increasing physical activity improves well-being by ensuring better heart health and better control of diabetes, blood pressure and cholesterol levels. Exercise reduces depression and anxiety.

Exercise can also help quit smoking. It helps prevent falls in the elderly and in people with osteoarthritis. Body fat is reduced. The risk of breast, prostate or colon cancer is decreased. Calcium loss in bones (osteoporosis) is stopped.

Exercise improves the quality of life of patients with chronic bronchitis or heart conditions.

How much exercise do I need?

Sedentary people must increase their everyday activities and perform them regularly, e.g. walking to work and to the grocery store, climbing stairs instead of using the elevator, walking the dog, gardening, engaging in do-it-yourself activities... At least **30 minutes a day, five or more days a week** should be ensured (either in one session or including short bouts of activity in a day).

*Increase the amount
of everyday activities,
no matter what
your age is*



How do I get started?

Your doctor or nurse will help you choose the best exercise for you.

Choose an activity you like: brisk walking, cycling, dancing, running, swimming, playing basketball, football, tennis...



Set realistic goals. Start small and gradually move up.

How can I prevent stopping exercising?

Join a group of people that shares the same interests as you: sports clubs, senior activity centers, hiking organizations...

Monitor your progress: can you run longer distances than before? Or: do you feel less tired when doing the same exercise?

How can I avoid injury?

Warm up for 5 to 10 minutes before each workout session to loosen your muscles and joints. Strenuous exercise is bad for your health. Do not overdo your exercise (ask your doctor).

