

Aerobic Exercise



How much Aerobic Exercise should you do for your health? (The F.I.T.T. Principle)

- **F**requency: 5-7 days per week.
- **I**ntensity: Moderate intensity (talk test!).
- **T**ime: 30 minutes per session (minimum).
Can be done in 5-10 minute bouts instead of continuous.
- **T**ype: Circuits, walking, dancing, cycling, swimming, your training session with us, any activity that uses large muscle groups for a long period of time (>3mins).



Benefits of Aerobic Exercise

Physical Health

- ↑ cardiovascular fitness
- ↑ fat oxidation (teaches the body how to use body fat for fuel → weight loss)
- ↓ blood pressure (for up to 24 hours post training)
- ↓ blood sugar levels (during and after training)
- Improves your cholesterol profile
 - ↓ Total cholesterol, LDL cholesterol & triglycerides, ↑ HDL cholesterol
- ↓ risk of many chronic conditions e.g. type 2 diabetes (T2DM), cardiovascular disease (CVD)
- Improves many chronic conditions
 - T2DM, high blood pressure, CVD
- ↓ heart rate at rest and during exercise as you get fitter
 - Less stress on your heart at all times
 - Very important for all of us, but especially if you have CVD
- ↑ functioning of heart, lungs, muscles, brain etc.
- Anti-ageing

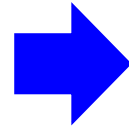
Independent
predictor of
health



Benefits of Aerobic Exercise

Mental Health

- Improved sleep
- ↓ anxiety
- ↑ positive mood
- Clearer thinking
- Calm
- ↓ mental stress
- ↑ self esteem
- ↓ depression
- Social
- Fun



Green Exercise
&
Blue Exercise



Exercise is
medicine!!

Your Health Homework

- ✓ Write down how many minutes of aerobic exercise you currently do per day for one week.
 - you can count each training session with us as 30 minutes aerobic exercise (the rest is resistance, flexibility and balance).
- ✓ Do you meet the recommendations for health?
- ✓ If not, please identify opportunities in your day/week where you can increase the minutes of aerobic exercise you do and make a plan!
- ✓ Can you achieve 30 minutes every day?? Or at least 5 days this week??

Think of all the health benefits you will get!



- ✓ Take stairs vs lifts
- ✓ Take 10min walk break at lunch time (1,000 steps)
- ✓ Park further away from shops
- ✓ Walking phone meeting?
- ✓ Walking buddy?
- ✓ Bring kids for short walk in evening – great for them!