



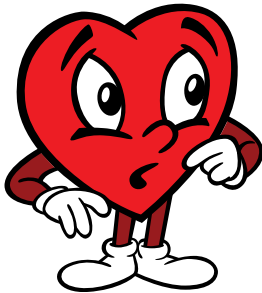
Be **heart** wise,
Take regular exercise



why? exercise

30 Minutes
is only 2% of your day

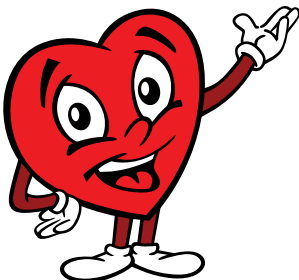
- Keeps your heart, muscles and bones strong
- Keeps your joints moving
- Improves your posture and balance
- Gives you more energy and improves your feeling of well-being
- Reduces your risk of cardiovascular disease
- Aids relaxation and stress management



Over 20% of coronary heart disease and 10% of stroke is due to lack of physical activity
(Irish Heart Foundation)

how much exercise would your physiotherapist recommend?

- 30 minutes continuous exercise
- Moderate intensity i.e. both your heart rate and breathing are a little faster than at rest and you will feel warmer
- 5 days a week
- Include a gentle warm-up and cool-down



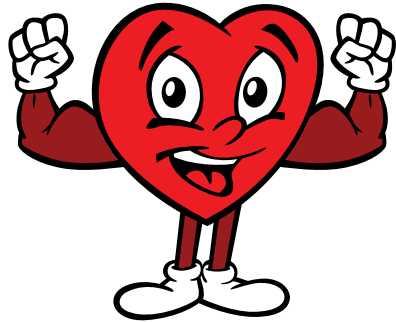
Remember with a Chartered Physiotherapist
you're in safe hands!

what is the best way to exercise?

- All physical activity is good
- Choose an activity that uses your heart, lungs and all big muscles for a period of 30 minutes, see examples below
- Include gentle strengthening twice a week
- Stretch daily to avoid injury

Examples of activities include:

- A brisk walk
- Cycling
- Dancing
- Hill walking
- Jogging
- Swimming



where do i begin?

- Choose an activity you enjoy
- Set yourself a realistic goal
- Build up time gradually to 30 minutes
- Then increase your speed and intensity
- Use the exercise diary overleaf to start you on your way

For more ideas and information log onto www.move4health.ie

Remember, it is never too late to start!

activity record:

week 1.

DAY	ACTIVITY	MINUTES
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

week 2.

DAY	ACTIVITY	MINUTES
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

week 3.

DAY	ACTIVITY	MINUTES
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Be safe.

Consult your doctor if you are very inactive or have an existing health problem before starting any new exercise programme.