

PHYSICAL ACTIVITY

The average person watches 4.5 hours of TV a day, we can afford to use at least one hour of this time to exercise in some capacity.

Dust Off Those Trainers

Evidence shows that people who combine regular physical activity with reducing calorie intake are more successful at losing weight and keeping it off.

Your target is 150 minutes of moderate intensity of aerobic activity each week. Moderate intensity aerobic activity means you've exercising enough to raise your heart rate and break a sweat. You're working hard enough if you can still talk but can't sing the words to a song during activity.

Easy Tips To Get Moving:

- Try getting off the bus one stop early and walking the rest of the way.
- Taking the stairs instead of the lift
- Parking your car at furthest parking space away from the shops
- Surprise your dog by taking them for a walk twice a day.
- Get up and move during the commercial breaks, tidy up, empty dishwasher, or duster.

Track Your Steps

Most smart watches and phones have the ability to track your steps as well as most activities. If you don't have access to one of these a Pedometer can track your steps and are fairly cheap.

What Is Resting Heart Rate?

When you sit quietly, your heart slips into the slower, steady pace known as your resting heart rate. This Resting heart rate tends to be stable from day to day.

The usual range for resting heart rate is anywhere between 60 and 90 beats per minute. Above 90 is considered high. An increase in your resting heart rate over time may be a signal of heart trouble ahead.

How to lower your resting heart rate

By doing these four things you can start to lower your resting heart rate and help maintain a healthy heart:

1. **Exercise more:** When you take a brisk walk, swim, or bicycle, your heart beats faster during the activity and for a short time afterward. But exercising every day gradually slows the resting heart rate.
2. **Reduce stress:** Performing the relaxation response, meditation, tai chi, and other stress-busting techniques lowers the resting heart rate over time.
3. **Avoid tobacco products:** Smokers have higher resting heart rates. Quitting brings it back down.
4. **Lose weight if necessary:** The larger the body, the more the heart must work to supply it with blood. Losing weight can help slow an elevated resting heart rate.

Increase Our Metabolism (Basal Metabolic Rate)

Your metabolism is responsible for converting nutrients from the foods you eat into fuel. This provides your body with the energy it needs to breathe, move, digest food, circulate blood, and repair damaged tissues and cells.

The higher your metabolic rate, the more calories you burn at rest. Many factors can affect your metabolism, including your age, diet, body composition, sex, body size, physical activity, health status, and any medications you're taking.

Here are some easy ways to increase our metabolism.

- Eat plenty of protein.
- Lift weights
- Regular exercise
- Stand up more rather than sitting.
- Get a good night sleep

What Are Sets And Reps?

A "rep," short for "repetition," is a single execution of an exercise. One push up is one rep, and 10 push ups are 10 reps. A "set" is a collection of reps. If your goal is to complete 20 push ups', you might break your workout up into two sets of 10 reps. This can help you effectively pace yourself.

What Is Progressive Overload?

Progressive overload training is a type of strength training that gradually increases the intensity of workouts to avoid a plateau in muscle mass and strength. The primary benefit is that it helps prevent a person from reaching a point where their exercise regimen is no longer challenging or effective. An example of progressive overload:

Set	Reps	weight	rest
1	15	10KG	45 sec
2	12	15KG	45 Sec
3	10	10KG	45 sec

Benefits Of Cardiovascular Training

- Keeps weight off
- Increased Fitness
- Helps ward off viral illness.
- Reduces health risks
- Improves quality of life
- Help with everyday tasks
- Strengthens heart and lungs
- Improves Mood and sleep
- Reduces body fat

Benefits Of Strength Training

- Increased Strength Muscle toning or Muscle size Increased Bone density
- Stabilizers and protects Joints Reduces body fat Less risk of injury
- Improves Mood, sleep and self esteem

Health Benefits of Physical Activity for Adults

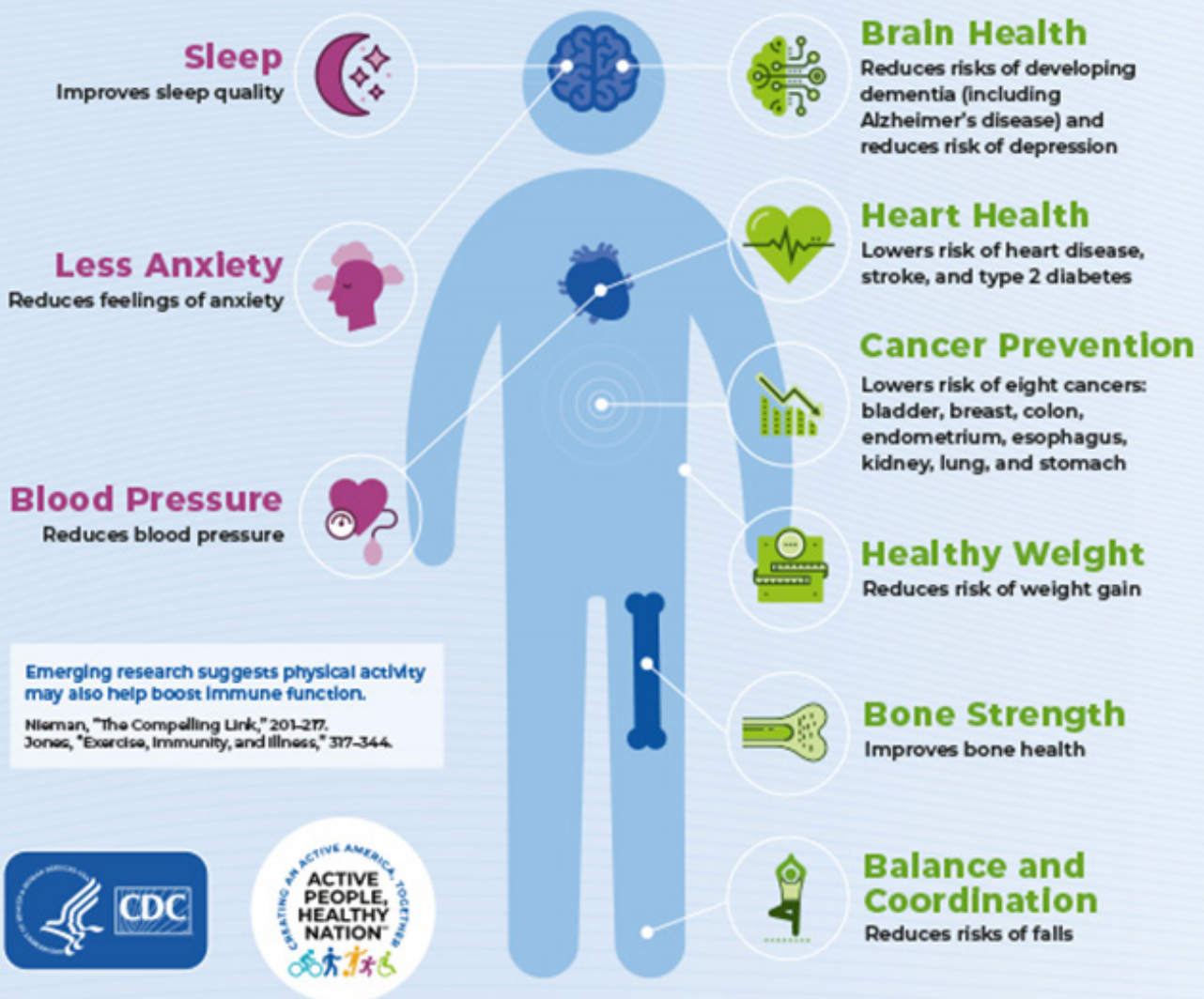
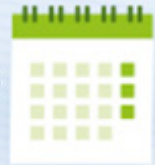


IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

Understanding Non-Exercise Activity Thermogenesis (NEAT Exercise)

Non-exercise activity thermogenesis is all the activity we do that's not technically exercise but is still important to your health and well-being.

If you're up to speed on the recommendations about how often to exercise, you already know that the goal is at least 150 minutes of cardio exercise per week. And two strength-training sessions.

That's the bar to aim for. And it can be a tough one for many people to reach, But you may not realize that there's a lot of other stuff you do (and can do more of) to keep your body moving.

That stuff falls under the category of "non-exercise activity thermogenesis." Or NEAT for short.

What is NEAT? Why does it matter? And how can you use NEAT to help reach your health goals?

What is non-exercise activity thermogenesis (NEAT)?

Non-exercise activity thermogenesis is all the little things you do during the day that keep your body moving — the movements you do that aren't, technically, exercise.

NEAT accounts for the activities we do that aren't 'exercise' but still use the body's energy to improve your performance, burn calories and help keep your body operating efficiently.

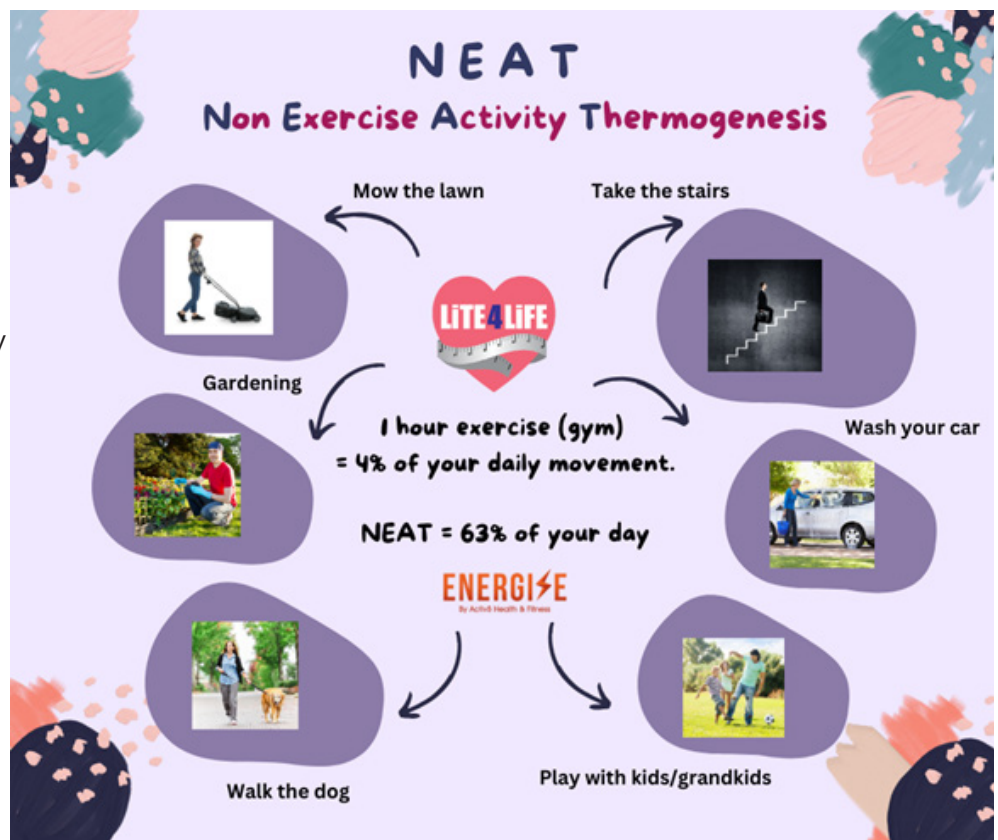
Non-exercise activity thermogenesis is, essentially, anything that falls between sitting perfectly still and doing a full-blown cardio workout, like running, using an elliptical or jumping rope. It may not sound like much. But over time, all the little movements you do can add up. And they can be meaningful.

Benefits of NEAT

NEAT exercise isn't going to radically change your health. You're not going to lose 10 pounds in a month from it. And healthcare providers still recommend working to get to 150 minutes of aerobic exercise a week regardless of how much non-exercise activity thermogenesis you do.

But you can think of NEAT as an opportunity to make small but meaningful changes to give your body an extra edge.

NEAT helps you burn some extra calories here and there. Over time, that matters. And it can help you maintain a healthy lifestyle, better body composition and improve your quality of life.



Just what can NEAT do for you? Consider these benefits:

Improved overall health. Think of non-exercise activity thermogenesis as a part of an overall healthy lifestyle that, ideally, also includes more intense strength training, cardio exercise and stretching.

As a part of an overall healthy lifestyle, NEAT can help keep your body from sitting less and moving more. Which is a recipe for supporting your health long term.

There's no formalized recommendation for how much NEAT activity to do in order to achieve specific health goals. After all, quantifying the benefits of thousands of micro-activities you do a day doesn't lend itself easily to formal scientific inquiry.

But it's well understood that people who move more and sit less tend to enjoy a variety of health benefits, like:

- Less weight gains
- Improved circulation
- Better heart health
- Fewer aches and pains
- Healthy blood sugar levels
- Better focus
- Improved mood
- More energy
- More independence as you age