

Importance of Exercise

Vita Health Group



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What would you like to gain from today's presentation?

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Learning Objectives

To understand the benefits of exercise

To understand the health-related components of fitness

To know the types of exercise that target fitness components

To understand how we can incorporate exercise into our daily routine

What is exercise?

Physical activity is as any bodily movement produced by skeletal muscles that requires energy expenditure. – *WHO 2022*

Physical inactivity is one of the leading risk factors for noncommunicable diseases mortality.



Statistics

Globally

More than 80% of adolescents are physically inactive

27% of adults are physically inactive

In the UK:

25% of UK citizens are classed as inactive

11% classed as fairly active

63% are classed as active



Benefits of Exercise

Physical

Helps with weight management

Increased energy levels

Reduced risk of chronic diseases

Increased bone & muscle strength

Social

Creates accountability

Improves teamwork skills

Encourages social interaction

Provides a sense of community

Mental

Improves memory and mood

Releases endorphins

Keeps the brain healthy

Helps manage stress

Gives you a sense of purpose

WHO Recommendations

150–300 minutes of moderate-intensity aerobic physical activity

75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week

Muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week

Components of Exercise

Cardiovascular Exercise

Muscular Strength

Muscular Endurance

Flexibility

Body Composition



Cardiovascular Exercise

Leads to increased breathing and heart rate

Helps keep the heart, lungs and circulatory system healthy

Greater endurance makes it easier to carry out everyday activities



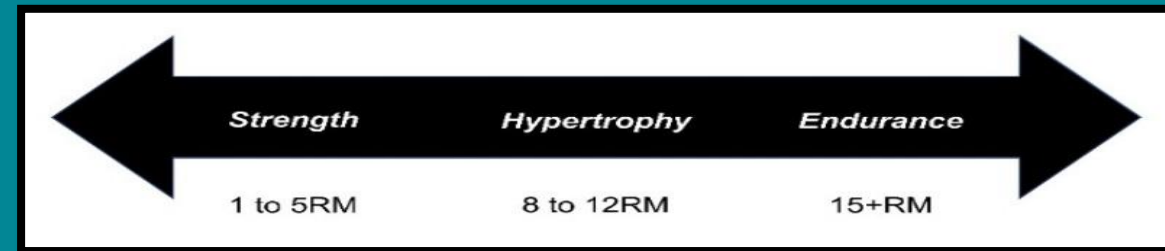
Muscular Strength

Boosts metabolic rate

Reduced risk of injury

Reduces risk of slip trips and falls

1-5 reps 3-4 sets



Muscular Endurance

Maintaining Posture

Aerobic muscle capacity

Increased ability to perform daily tasks

Reduced Risk of Injury

8-12 reps 2-3 sets



Flexibility

Types of stretching:

Static

Dynamic



How to increase activity levels

Start with an activity you enjoy

Set a goal

Get others involved

Keep it varied

Do what you can

Speak with professionals



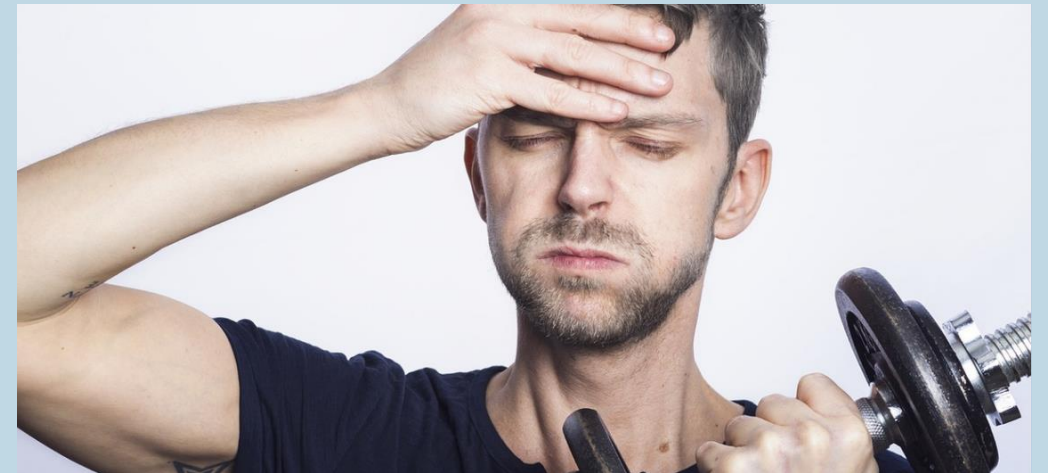
Plateauing

The 3 fundamentals:

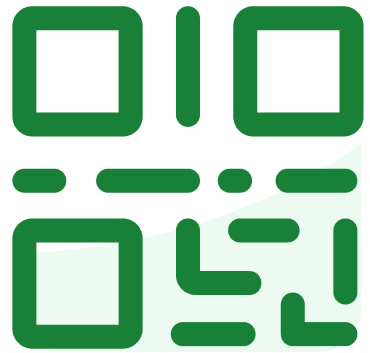
Progressive Overload

Muscle Mechanical Damage

Metabolic Stress



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What percentage of people in the UK are classed as inactive?

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Regular exercise can help improve muscle strength

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How many days per week should we complete resistance exercise?

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Muscular endurance is the muscles' ability to exert a maximum amount of force in one effort.

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What would be considered a social benefit of exercise?

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**What are the fundamentals of weight training?
(select all the appropriate options)**

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What can we do to meet the weekly exercise guidelines?

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Summary

1 in 4 people in the UK are inactive

Exercise promotes physical, social, and mental wellbeing

Using the 3 fundamentals of weight training can help prevent plateauing

Goal setting can help sustain a regular exercise routine

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How beneficial did you find the class?

24

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How beneficial did you find the class?

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How likely are you to recommend this class to a colleague?

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Any additional feedback you would like to give?

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