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Joint Operational Programme  
Romania-Ukraine 2014-2020

## “PERSONALIZED PREVENTION TOOLS IN OBESITY AND DIABETES” No 2SOFT/4.1/56

The European Union is made up of 27 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms.

The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders.

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# PHYSICAL ACTIVITY

What's your move?



You know you need physical activity to stay healthy.

**But did you know it can help you feel better right away?**



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

**So get more active — and start feeling better today.**



LifeSpan  
www.LifeSpanFitness.com

	How intense are YOU?		
MEASURE	LIGHT	MODERATE	VIGOROUS
How it feels to you...	Feels easy.	Feels somewhat hard.	Feels very hard.
Your breathing pattern...	No noticeable changes in your breathing pattern.	Breathing quickens but you are not out of breath.	Breathing is deep and rapid
How much you sweat...	You don't break out in a sweat (unless it is hot and humid)	You develop a sweat after about 10 minutes.	You develop a sweat after just a few minutes.
Your ability to talk...	You can easily carry out a conversation or even sing.	You can carry out a conversation but CANNOT sing.	You can't say more than a few words without stopping for breath.
Example Activities...	- Walking at a slow pace - Sweeping the house - Hanging Laundry	- Brisk walking - Raking the yard - Gardening - Active play with kids	- Jogging / running / sprints - Swimming - Competitive sports e.g. Rugby - Skipping rope - Paddling

## How much activity do I need?



Adults 18-64 y  
Adults >65 y



### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



In addition, adults >65 years of age are recommended activities to improve balance, such as standing on one foot.



The recommendations described are the goals for these age groups, but these people should do as much physical activity as they can.

**Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.**

## What counts?

Whatever gets you moving!



Even things you have to do anyway.



Even things that don't feel exercise.



## You can be more active

It doesn't matter who you are, where you live, alone or have company.

You can find a method that works for you



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

**So take the first step. Get a little more active each day. Move your way.**

## Health Benefits Associated With Regular Physical Activity

### Benefits for adults



- Lower risk of hypertension
- Decreases the risk of stroke
- Improved sleep
- Improves mental health
- Improves cognitive functioning
- Reduces the symptoms of arthritis
- Prevents weight gain

### Benefits for healthy aging



- Improved sleep
- Lower risk of falls (older adults)
- Improves balance
- Improved bone health
- Improved quality of life
- Prevents bone fragility and loss of muscle mass
- Delays the onset of cognitive decline