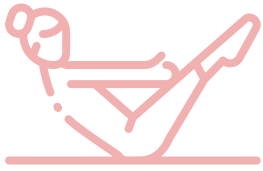


# **EXERCISE GUIDE**

WHAT TO DO &  
HOW OFTEN



# THE EXERCISE GUIDE

## WHAT TYPE OF EXERCISE TO DO AND HOW OFTEN

### BACKGROUND

*All experts agree that exercise needs to be regular and moderately intense, and the guidelines recommend a minimum of 30-minutes of moderate exercise on most days of the week.*

*But how do you know if your exercise is moderate? The best test is to see if you can easily talk while doing the exercise. If you can, then you are probably exercising at a light to moderate range. If your breathing gets in the way of talking, you know that you have increased the intensity.*

### CHOOSING THE BEST EXERCISE FOR YOU

*Deciding what sort of physical activity is most suited to your lifestyle isn't as challenging as you may believe.*

*Move more! It is essential to your wellbeing, if you not sure how to fit it in, start small - 10 minutes out of a whole day is perfect. You'll certainly feel better for it!*



### HOW LONG?

*Low Intensity: 45mins  
High Intensity: 20mins*



### CARDIOVASCULAR EXERCISE

*3-5 times per week  
Eg: Swimming, cycling, jogging or walking*



### STRENGTH TRAINING

*2-3 times per week  
Eg: CrossFit, Yoga & Pilates*



### FLEXIBILITY MOVEMENTS

*2-3 times per week  
Eg: Stretching & Yoga*



### IDEAL COMBO

*3-5 times per week  
Incorporate all 3  
Eg: Gym circuit training **or** **Combine:** swimming, cycling, jogging, walking with body-weight exercises and stretching/yoga*



### TAKE A CLASS

*Dance, aerobics, boxing, yoga, pilates or join a sports team.*