



St. Michael's
House

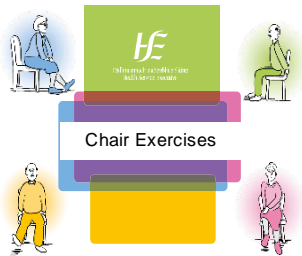
The Benefits of Physical Activity/Exercise



What is Physical Activity/Exercise?



Physical activity is any movement we do that uses energy.



Planned exercise like Tai Chi or chair exercises are a type of physical activity.



Things like housework and gardening are also a type of physical activity.



Physical activity and exercise are important for our health and wellbeing!

What is Physical Activity/Exercise?



Coronavirus has changed some of the activity we are able to do but there are still lots of ways to keep active!



It is recommended that adults do a minimum of 150 minutes of moderate intensity activity every week.



A Moderate intensity activity should make your breathing and heart rate faster but you should still be able to talk when doing it!

What is Physical Activity/Exercise?



Your activity should include exercises to make your muscles stronger on at least two days of every week.



It is important to include an overall mixture of Strength, Balance, and Cardio activity every week!



It can be good to make a plan of your activity and keep track of your activity each week!

Benefits of Physical Activity/Exercise!



There are lots of good reasons to keep active!



Physical activity can improve your mood and happiness!



Physical activity helps keep your bones and muscles strong!

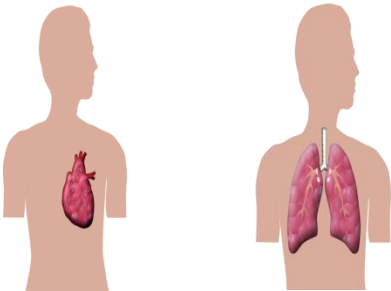


Physical activity can help you to lose weight!

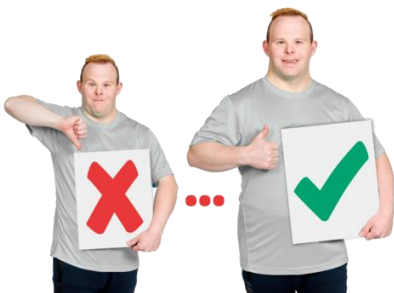
Benefits of Physical Activity/Exercise!



Physical activity can help you sleep better. This means you will have more energy!



Physical activity helps keep your heart and lungs healthy!

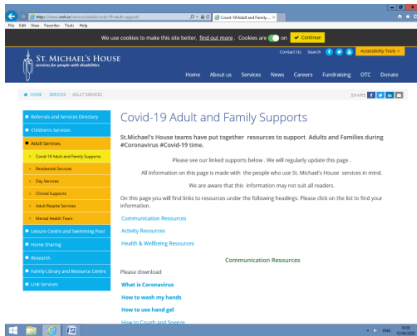


Physical activity can help you learn new skills. It can be good to try something new!



Physical activity is fun!

Further Information Available



Go to the SMH website for lots of good activity ideas you can do during the Coronavirus!

physiotherapy



You can contact your Physiotherapist if you have any questions or concerns!