

## Importance of Exercise

Many people today are less physically active during their daily routine, due to the use of cars, labour-saving machinery, moving stairs, lifts, and so on.



As well, food is far more plentiful, varied, quick and easy to prepare, making it more difficult to keep the required energy balance.



Energy input (food intake) becomes greater than energy output (activity) when we eat more than we need or use. That excess of energy soon translates into weight gain — and the potential to develop chronic, obesity-related diseases later in life.

Physical exercise is important for maintaining physical fitness and can contribute positively to:

- Maintaining a healthy weight
- Building and maintaining healthy bone density
- Muscle strength
- Joint mobility
- Promoting physiological well-being
- Reducing surgical risks
- Strengthening the immune system.



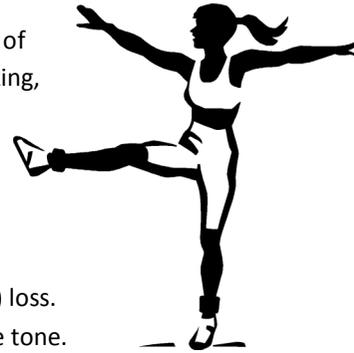
## Resistance Training

This type of training helps to maintain and increase muscle mass and can be performed with weights, resistance bands or simply your own body weight.



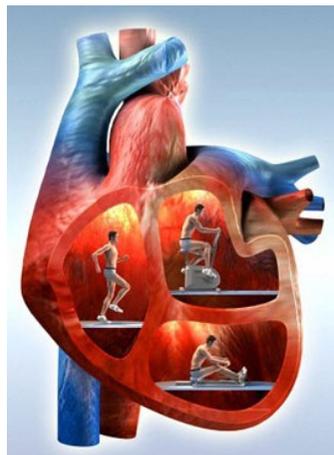
## Aerobic exercise

This type of exercise makes your heart and lungs work harder and increases your metabolic rate. Examples of aerobic exercises are walking, running, cycling, swimming and dancing.



### Aerobic exercise:

- Promotes weight (fat) loss.
- Improves your muscle tone.
- Works the large muscle groups in your arms/legs/trunk.
- Increases your level of fitness.
- Improves the functioning of your cardiovascular system ie. your heart and lungs.



**Increasing** your level of physical activity will not only decrease the amount of fat your body is carrying, it will also improve your overall fitness — that is, the function of your heart and lungs.

## How much exercise do I need?

To maintain or improve your fitness, you should exercise continuously at a steady pace for 20-30 minutes at least three times each week.

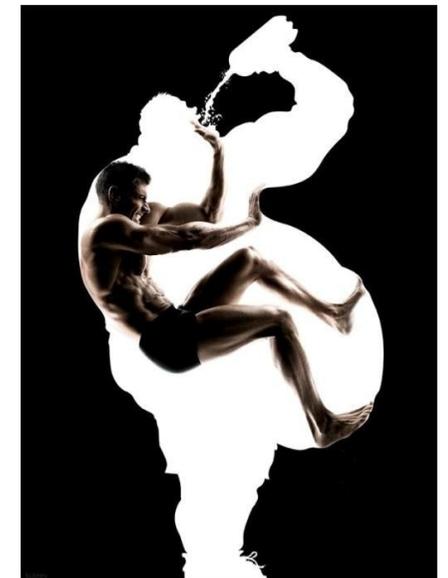
To lose weight, however, you may need to exercise for up to 60 minutes four to five times per week. It may be more appropriate for some people to start with a shorter exercise period at more frequent intervals, depending on weight and fitness levels and build it up.

You just need to start being more active than you are at present to start burning up existing fat while improving your fitness.

## Maintain healthy weight

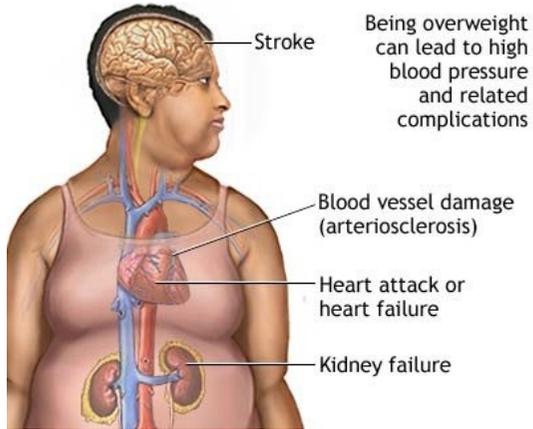
People who are greatly overweight are more prone to develop certain chronic diseases, such as high blood pressure, heart disease, and strokes.

Anyone who consumes MORE calories than he or she can burn off WILL gain weight. The only way to lose weight is to consume less calories than your body will burn.



## Preventing disease

Exercise can be an important weapon in the fight against high cholesterol, heart disease and other obesity-related diseases



## Nutrition

Proper nutrition is as important to health as exercise. When exercising, it becomes even more important to have a good diet to ensure that the body has the correct ratio of nutrients, in order to aid the body with the recovery process following strenuous exercise



For General Enquiries

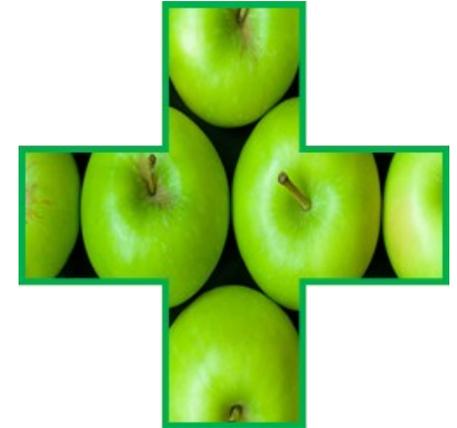
0861 327 87857

(0861 FastPulse)

[www.fastpulse.co.za](http://www.fastpulse.co.za)

e-mail: [info@fastpulse.co.za](mailto:info@fastpulse.co.za)

## WELLNESS PROGRAMMES



## IMPORTANCE of EXERCISE

