Move to stay healthy

Get moving

✓ **To get healthier**
reduce your risk
of chronic disease

✓ **To perform better**
improve your
concentration levels

✓ **To feel better**
feel more relaxed and
less stressed

✓ **To feel better
in your skin**
gain more confidence

How often should I exercise?

There is no need to embark on an intense workout schedule to enjoy the benefits of exercising.
Just remember to keep the following three health standards in mind:

EXERCISE

add 3x10 min. of exercise each day, 5 days a week

to maintain your
current level of health

moderately intense
physical activity,
such as brisk walking

FITNESS LEVEL

add 3x20 min. of exercise each week

to get fitter

intense physical activity,
such as running

10,000-STEP PLAN

6,000 steps daily activities

+

plus 30 min. of exercise / day **4,000 steps**

=

10,000 steps

a day

a feasible,
easy-to-track goal

Exercise responsibly

**Avoid putting too much stress
on your body**

✓ Maintain an **active** lifestyle
✓ Work **within** your **limitations**
✓ Slowly **build up** the exercise
✓ Use **gentle movements**

**Choose low-threshold
activities**

✓ Walking
✓ Cycling
✓ Jogging
✓ Swimming

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