

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm

Tuesday 9am - 6.30pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 6.30pm

Saturday 9am - 4.00pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for February 2019

1. Why is exercise good for you?
2. Name two conditions exercise can reduce your risk of by up to 50%?
3. How much does exercise reduce your risk of early death by?
4. How else does exercise benefit you?
5. What are the physical guidelines for 19 to 64 year olds?
6. What counts as moderate aerobic activity?
7. Why do you need muscle strengthening exercises?
8. How are muscle strengthening exercises measured?
9. What is a repetition?
10. What is a set?

Keep Fit..
Keep



Answers on the bottom of page two

The Miracle Cure

Exercise is the miracle cure we have all been waiting for. It can reduce your risk of major illness such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%

It's free, easy and there is strong scientific evidence that being physically active can help you lead a healthier and happier life because it can also boost self-esteem, mood and sleep quality as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

And it doesn't stop there, it also lowers the risk of osteoarthritis by 83%, hip fractures by 68% and falls

by 30%. If it were a pill, it would be one of the most cost-effective drugs ever invented so what is stopping you doing more of it?

What is the easiest way to get moving?

For most people the easiest way to get moving is to make it part of your every day life like walking or cycling instead of using the car. However, the more you do the better so playing sports, swimming or joining a dance class will make you healthier.

For any type of activity to benefit your health, you need to be moving quickly enough to raise your heart rate, breathe faster and feel warmer. This level is called moderate intensity



activity where you should be able to talk but not sing.

An activity where you work even harder is called vigorous intensity activity. You can tell when it's vigorous activity because you will be breathing hard and fast and will have to pause for breath to speak.

Activity guidelines for 19 to 64-year olds

To stay healthy adults in this age group should do:

- At least 150 minutes of moderate aerobic activity like cycling or brisk walking every week AND
- Strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) OR
- 75 minutes of vigorous aerobic activity such as running, or a game of singles tennis AND
- Strength exercises as above OR
- A mix of moderate and vigorous aerobic exercise every week e.g. 2x 30-minute runs plus 30 minutes of brisk walking every week AND
- Strength exercises as above.

Why do I need to strengthen my muscles?

Muscles strength is necessary for:

- ◆ All daily movement
- ◆ To build and maintain strong bones
- ◆ To regulate blood sugar and blood pressure
- ◆ To help maintain a healthy weight

Muscles strengthening exercise are measured in repetitions and sets. A repetition is 1 complete movement of an activity, like a bicep curl or a sit-up. A set is a group of repetitions. For each strength exercise you should try to do at least 1 set with 8 to 12 repetitions in each set.

To get health benefits from strength exercises,

you should do them to the point where you struggle to complete another repetition. Examples of muscle-strengthening activities for most people include:

- * Lifting weights
- * Working with resistance bands
- * Doing exercises that use your own body weight such as push-ups and sit-ups
- * Heavy gardening such as digging and shovelling
- * Yoga
- * Pilates

Some vigorous activities count as both aerobic and muscles strengthening e.g.

- ★ Circuit training
- ★ Aerobics
- ★ Running
- ★ Football
- ★ Rugby
- ★ Netball



★ Hockey
If you would like to become fitter the NHS Fitness Studio suggests you try "Strength and Flex" which is a 5-week plan for beginners to improve your strength and flexibility.

For more information and support on how to become fitter and healthier, speak to a member of our trained team

Answers: Q1, It can reduce your risk of major illness. Q2, Heart disease, stroke, type 2 diabetes and cancer. Q3, 30%. Q4, 30% reduction in depression and dementia, 83% lower risk of osteoarthritis and 68% lower risk of a hip fracture. Q5, 150 minutes of moderate aerobic activity per week AND strength exercises on 2 or more days a week. Q6, Brisk walking, water aerobics, riding a bike, hiking, basketball. Q7, To build and maintain strong bones, help regulate your blood sugar and blood pressure and maintain a healthy weight. Q8, They are counted in repetitions and sets. Q9, It is 1 complete movement of an activity. Q10, It is a group of repetitions usually 8 to 12.