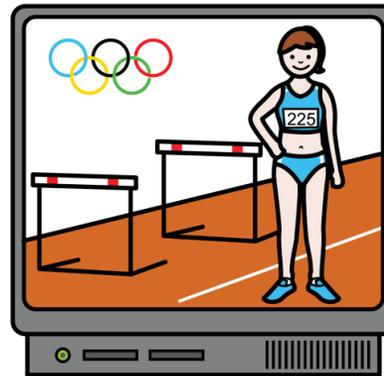




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Physical exercise and health



Pictograms: ARASAAC (<http://www.arasaac.org/>)



What is Physical Exercise?

Any activity that the body performs in a planned manner with the aim of maintaining or improving our physical fitness.



Who can do physical exercise?



- **EVERYBODY**



For how long?

- **3** days per week

- **1 hour of exercise**

- **Moderate**



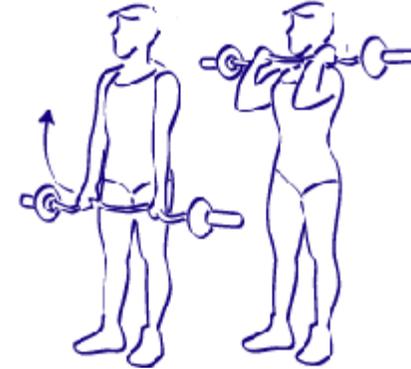
10 min warm-up

35 min exercise

15 min relaxation/stretching

Obesity

- Swimming, walking, running, cycling, dancing: 20 - 60 minutes + exercise with weights.



- Moderate Effort



Very tired, with fatigue



Obesity recommendations



- ✓ Drink a lot of water.
- ✓ Go walking to the places.
- ✓ Going up and down the stairs.



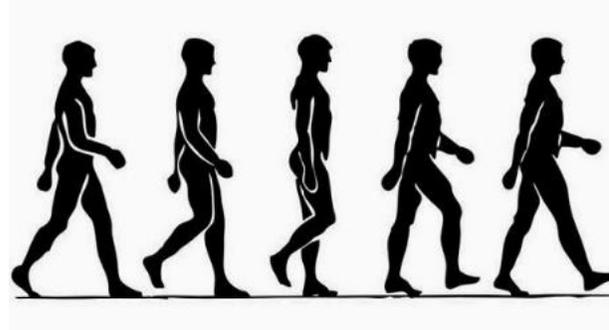
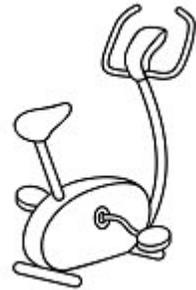
- ✗ Do not exercise after meals.
- ✗ Do not smoke.
- ✗ Do not compete with others, go slowly surpassing ourselves



Diabetes



Walking, running, swimming, dancing, stationary bike ...
30 - 50 minutes



Do not practice contact sports

Diabetes recommendations



- MINIMUM 3-4 DAYS OF EXERCISE.
- Eliminate the consumption of alcohol.
- Pay close attention to lunch schedules and to INSULINA



HYPERTENSION



- Walking, running, swimming, cycling: 20 - 60 minutes + Exercises with small weights



Hypertension Tips



Do not hold your breath



Take LITTLE SALT



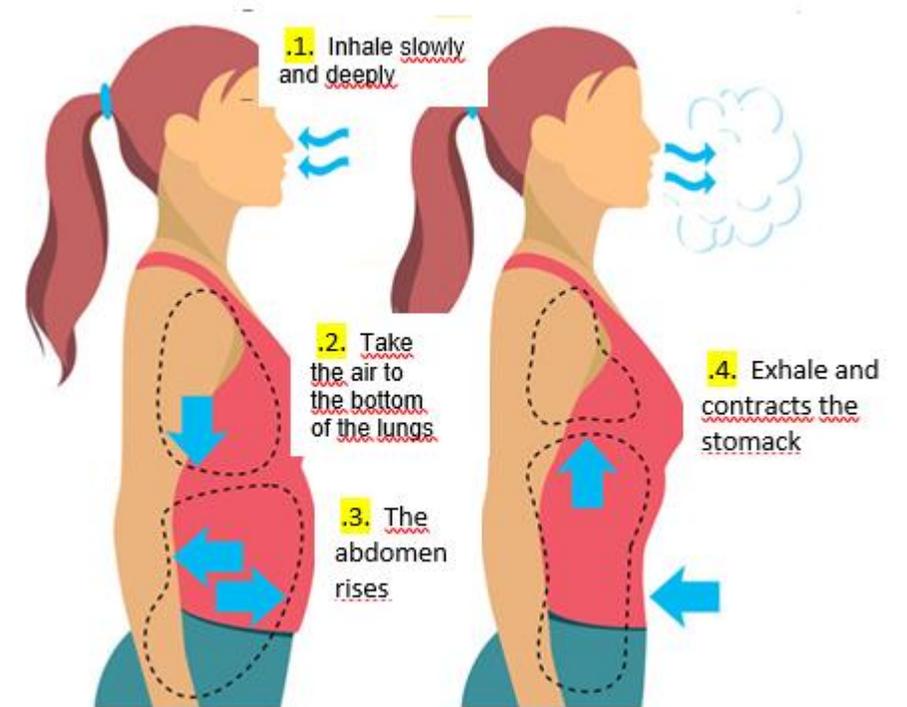
Chronic Obstructive Pulmonary Disease (COPD)



- Walking, cycling, going up and down stairs, swimming / exercising in water.



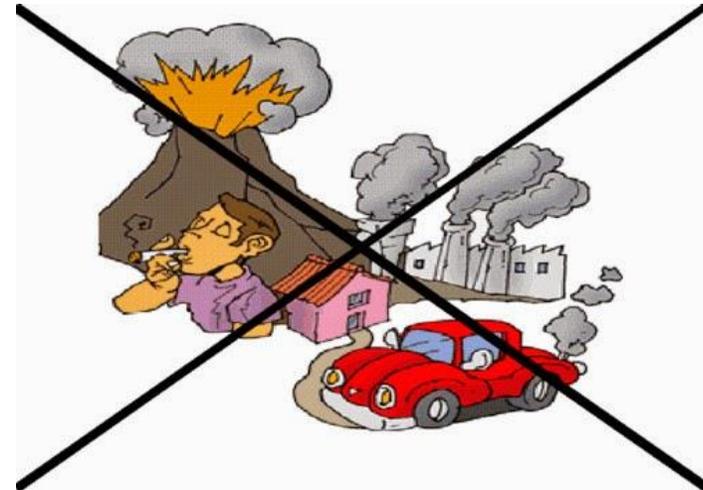
- Diaphragm exercises. BREATHS
- **3-5 days per week.**



TIPS FOR ASTHMA



- To prevent asthma attacks:
 - Better swimming / exercise in the pool than walking or cycling.
 - Avoid cold and areas of pollution or dry air.
 - Take breaks.
 - **HAVE YOUR INHALER NEAR.**



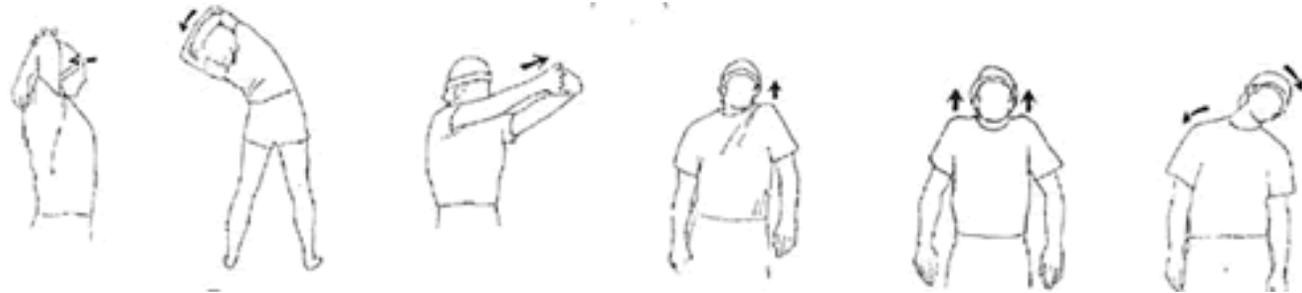
Rheumatoid arthritis



- Walking, cycling or swimming (low impact).



- Stretches/Movility:



- We do not recommend: running or jumping because it overloads the joints.

