

## **Exercise and Food**

### **Exercise**

Daily exercise is the most important exercise for good health.

Nowadays many people lead a sedentary life both at home and at work. However, our bodies still need exercise. We need to make time for exercise so that we feel well, physically and mentally. Important organs such as the heart, lungs, muscles, joints and nerves benefit from and are made for physical activity. Increased physical activity reduces the risk of cardiovascular diseases and early death.

30 minutes of exercise a day can improve your health. If you exercise so that you become warm but can still talk relatively normally, you will maintain and improve your fitness. There are many different ways of exercising, and it's never too late to change your lifestyle. Cycle or walk to and from work/school if you can.

Your body counts all sorts of movement as physical activity. Do you sit a lot at work/school/home on weekdays? If so, it is particularly important that you remember to do some exercise.

A checklist:

- Do you walk or cycle on weekdays; to and from work/school, during your lunch break, to the shops, in the evenings or do you walk the dog?
- Do you walk or cycle on Saturdays and Sundays?
- Do you usually walk up the stairs instead of taking the escalator or the lift?
- Do you have children who you play with? Do you play hide and seek, football or other active games?
- Do you do the housework? Do you do the vacuum cleaning, clean the bathroom or the windows?
- Do you work in the garden? Do you mow the lawn, dig, rake leaves or clear snow?

These points illustrate good ways of getting more exercise daily.

There are many other ways, such as dancing, aerobics, jogging, playing badminton or going for long walks.

### **Walking**

- Strengthens your legs, and the muscles in your back and stomach
- Strengthens your bones and joints
- Improves your balance
- Is good for your circulation, heart and blood pressure
- Reduces your blood sugar

### **Food**

Everyone needs food, and it is important to eat the right food. Being overweight creates many health risks.

If you are overweight you are at greater risk of developing:

- High blood pressure

- Diabetes
- Cardiovascular diseases
- Strain injuries, e.g. in the knee

**Eat your fill by choosing healthy food**

Eat regularly! Three main meals – breakfast, lunch and an evening meal. Fruit is good to eat between meals. Be careful with unplanned snacking. It's not good for your teeth or your figure.

Cut down on fat. Remember that cakes, ice cream, chocolate and crisps, etc. have a high fat content. Use oil or liquid margarine sparingly in cooking, and use diet margarine in sandwiches.

**Food rich in fibre will help you maintain a healthy weight**

High-fibre food such as wholemeal bread, potatoes, vegetables, fruit and pulses are good to help you maintain a healthy weight. They also contain vitamins and minerals.

How can you boost your fibre intake?

- Eat breakfast cereals and muesli
- Eat vegetables rich in fibre such as carrots, white cabbage, peas, sweetcorn, spinach, etc.
- Eat dried peas, beans and lentils
- Eat fruit
- Eat high-fibre bread – buy bread marked with the keyhole symbol. The keyhole symbol indicates healthy food and helps you choose the right products. If you bake your own bread, use high-fibre flour marked with the keyhole symbol.

**Strengthen your bones**

Many women suffer from osteoporosis otherwise known as brittle bone disease. Calcium is important because it strengthens your bones. ½ litre of milk/“filmjolk”/yoghurt per day is sufficient for most people.