



Pills of physical activity

UISP BOLOGNA - Paola Paltretti



THE RULES FOR AN HEALTHY AND ACTIVE LIFE

1) Health benefits

A regular physical activity and even small changes in daily habits effect direct advantages on health. It was established that, on average, health care costs for active people are 30% lower than those who do not exercise.

2) Physical activity is not only sport

Physical activity is any voluntary movement of the body (produced by muscles) that requires an increase of energy expenditure as to go for a walk, to play, to go by bicycle, to do the housework, to dance, to climb the stairs (OMS 2002).

3) Which exercise

It is recommended an aerobic physical activity such as walking, running, cycling, swimming, dancing, exercising in swimming pool or in a gym. Each exercise should be carried out at moderate or low intensity, above all if you are a completely sedentary.

4) Which intensity

Moderate physical activity is the one during which you can speak but not sing. It causes small increase in heartbeat, breathing and a mild sweating.
In order to calculate the ideal heartbeat during the aerobic activity, the OMS supplies the following mathematical formula:
Low-intensity physical activity $(220 - \text{age}) \times 0.60$
Moderate-intensity physical activity $(220 - \text{age}) \times 0.70$

5) Duration

Every adult should play 60 minutes of low-intensity physical activity (also scattered throughout steps of 10 minutes), or 30 minutes of moderate-intensity physical activity.

6) Frequency

5 hours per week of low-intensity physical activity or 2.5 hours per week of moderate-intensity physical activity.

7) The typical session

Diet and rehydration before and after the physical activity, 10 minutes for warm-up exercises, exercise for 30-60 minutes, 5-10 minutes for cool-down exercises, finally proper recovery.

8) How to achieve the goals

The goals should be realistic and graded. The physical activity should be appropriate to the abilities of each persons, avoiding the excesses. In order to succeed, it is important consistency and regularity.

9) Always consult your GP

It is essential to seek medical advice before beginning any physical activity, especially if you have never done sport before: your family doctor may give you useful advice in relation to your health.

10) An ideal number for all days: 051

The number to keep in mind to stay healthy is "051": 0 cigarettes, 5 portions of fruit and vegetables per day, 1 hour of daily low-intensity physical activity.



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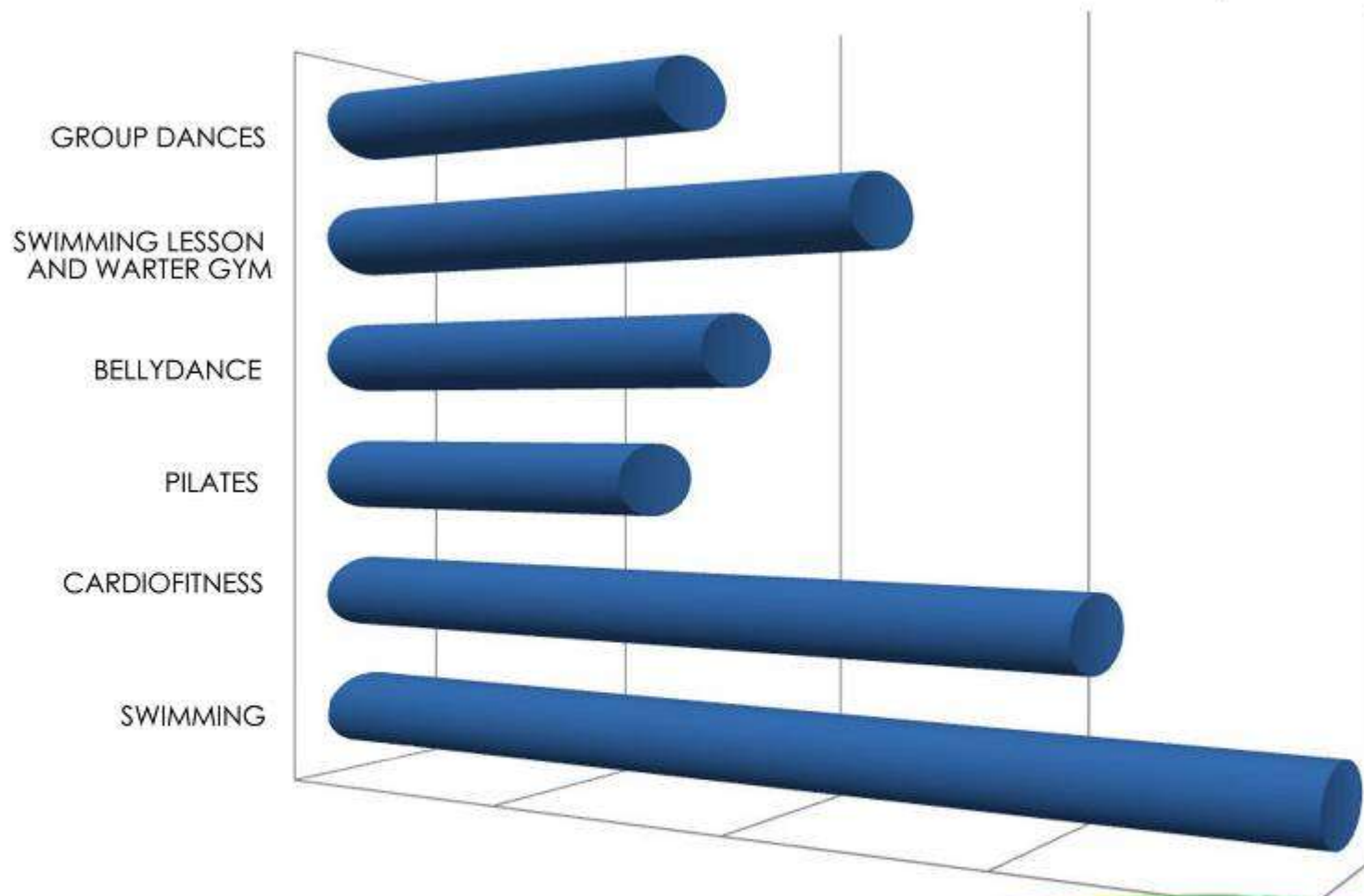
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RESULTS: 4.500/2.350





**Carlo
Balestri**



**Vincenzo
Manco**



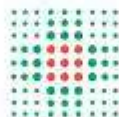
**Fabio
Casadio**



**Patrizia
Beltrami**



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**Filippo
Fossati**

Thank you all!