

# Diary of my health





Mogens Kirkeby, ISCA President  
International Sport and Culture Association

Keep track on your healthy habits –  
your inspiration to a healthier lifestyle.

»Motivation is a key word when it comes to improving our lifestyle. Most of us know what is healthy and good for the human body. However, sometimes we need a little extra motivation.

This diary is meant to be a supplement to your motivation. It is your way to keep track on your healthy habits – to improve the quality of life.

The diary is produced in an international cooperation between four Sport for All organisations from Slovenia, France, Italy and Denmark, four organisations that are all working nationally and internationally to support our quality of life.

Thank you to the four sport for all organisations in Slovenia, France, Italy and Denmark – Good luck with the »Diary of my Health«.

Start already today – to improve your quality of life.«



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Miro Ukmar, SUS President  
Sports Union of Slovenia

»Ways, how to improve personal health by eating healthier food and a being physical active, are well-known. But still in the pool of business obligations and running out of time we just leave healthy lifestyle on the side of our life. In Sports Union Of Slovenia we are aware of the »non healthy« lifestyles of our population and we are also aware how much effort must be added to the development good national and European strategy for health, health promotion and physical activity.

With daily monitoring of what we do for our health is a good stimulation and inspiration that among all our activities we don't forget to do something for our self. »Diary of my health« is the product of the Slovene national project »Healthy clubs« which support healthy programs and physical activity in the clubs, local communities and individual life. Diary gives you the support and good way for developing your personal way for healthy lifestyle, to know the advantage of the daily physical activity, healthy nutrition and how to maintain properly physically weight.

Diary of my health is prepared professionally and lead you to the healthy lifestyle, help you to monitor the progress and encourage you to insist in the program. Enjoy reading and enjoy doing sport! «



Saska Benedicic Tomat,  
PATHE Project manager  
International Sport and Culture Association

»There are books everywhere, they come in all colours, they can be funny books, books with good stories, they can be expensive or cheap, they can be shared among people, across all the nations with common values of understanding. When you have them you know that they will not care about your faith, sex, or nationality and that they will teach you something new.

And the booklet in your hands brings special value to PATHE project (Physical Activity Towards the Healthier Europe), to the project which is headed by Italian, Slovenian, Danish and French »Sport for All« associations. The project is helping facilitate the practical implementation of European Commission resolutions on obesity and health through the spread of best practice knowledge.

And this booklet is one of the practical implementations developed in Sports Union of Slovenia by the contribution of many people from Slovenia with different professional background, but with the same passion: to share and to spread knowledge about healthy lifestyle, physical activity and good nutrition.

I wish to thank colleagues from PATHE Associate partner – Sports Union of Slovenia for their initiatives, energy and creative ideas in the »Diary of my health«.





Iztok Retar,  
PATHE National project manager  
Sports Union of Slovenia

»The modern pace of life is marked by a post-industrialized society which is strongly supported by transport and information technology which excludes physical activity more than ever before. The share of physically active people who do their jobs, move around and spend their free time in a sitting position has never been higher and it is still growing. Therefore the experts decided to encourage you and created a diary which can help you to develop a healthier lifestyle. The added value of this diary is also that you will always make progress and take care of your health in the way you choose to do it! »Diary of my health« can make your life better and more active. It can help you to choose a healthier food and it advises you on planning your sports exercises and on recognizing the key risk factors. In addition it encourages you to protect yourself and the environment which is becoming more and more polluted. We would like to invite you to use the Diary and become even better than you already are!«



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## SPORTS HOROSCOPE

# Diary of my health

Name: \_\_\_\_\_

Surname: \_\_\_\_\_

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My sports club: \_\_\_\_\_

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My favourite webpage: \_\_\_\_\_



My body

# My body

Unhealthy lifestyles – which include bad nutrition, insufficient exercise, smoking, excessive alcohol consumption and stress – are greatly responsible for the occurrence of physiological risk factors (high blood pressure, high cholesterol and glucose levels, overweight and obesity) as well as chronic diseases. Let's reflect on this, get rid of bad habits and take responsibility for our health.



## You can prevent cardiovascular disease

The most reliable research findings show that physical activity is the most effective way to lower the risk of cardiovascular disease. Physically inactive persons have twice the chance of developing heart disease as physically active persons. Physical activity helps prevent strokes and improves numerous risk factors for cardiovascular disease, high blood pressure and high cholesterol levels.

## You can lower your blood pressure

Blood pressure is the name for the amount of pressure the blood exerts on the walls of blood vessels. When the heart pumps the blood, the blood pressure is at its peak; this is called systolic blood pressure. When the heart is resting, the blood pressure reaches its lowest point; this is called diastolic blood pressure. Blood pressure is constantly changing. For example, when we become upset or when we are physically active it increases. When we are sleeping or resting it decreases. A healthy lifestyle not only prevents high blood pressure, it also lowers it. Long-lasting higher blood pressure can cause vascular damage, heart failure, heart attack and stroke, liver failure and other complications. You can decrease your risk with a healthy lifestyle that includes balanced, healthy nutrition, limited consumption of salt, reduction of overweight, regular physical activity, limited consumption of alcohol and giving up smoking.

Diary of blood-pressure measurements

Blood-pressure levels in adults

Blood pressure (mm Hg)	Upper (systolic)	and	Lower (diastolic)
Optimal	Below 120		Below 80
Normal	Below 130		Below 85
High/normal	From 130 to 139		From 85 to 89
Arterial hypertension	From 140 to 159		From 90 to 99

Source: <http://www.lek.si>.

If you have normal blood pressure, it is enough to measure it just once a week in the morning and in the evening. Write the levels in the table below.

Instructions for measurement:

- Do not eat, drink coffee or alcohol, or smoke half an hour before the measurement
- Do not take your blood pressure right after physical exertion or after you have taken medications

- Empty your bladder before you take the measurement because a full bladder increases the blood pressure
- Before the measurement, sit down in a comfortable chair and rest for 3 to 5 minutes. Your back should have support and your feet must be on the floor.

My blood-pressure and pulse-rate levels

Date	Morning		Evening	
	Blood pressure	Pulse rate (per min.)	Blood pressure	Pulse rate (per min.)
example	130/85	78	135/87	79

Maintaining good psychological condition and avoiding stress makes us healthy

We hear or perceive the word »stress« at every step. Regardless of what type of threatening factor is a stressor, an organism always reacts in the same way, with an »alarm reaction,« which is also known as the fight-or-flight response. Stressors may be physical (noise, dust, shift work), psychological (time pressure, worries at home and at work, etc.), mental (feeling overwhelmed), or social (unemployment, new job, new residence, etc.). In stressful situations an alarm goes off in the brain and stimulates the adrenal gland, which increases the release of hormones (adrenaline, noradrenaline and cortisol). The heart starts to beat faster, the breathing accelerates and blood pressure increases. Blood flows away from less crucial organs (the skin, digestive organs) toward the vital organs and muscles. Physical activity can decrease the symptoms of stress and depression and has psychological and sociological effects on health. Stress can be caused by both positive and negative events that destroy our balance.



KEEP YOUR INNER BALANCE

Stress is more likely to appear at work when the following factors are present: a lot of or too much work, lack of independence in performing tasks at work, too little support from co-workers or superiors and inappropriate working conditions.

How can you manage stress?

You can do a great deal yourself! Positive thinking, physical activity, social team sports, healthy nutrition, sufficient consumption of liquids (water), rest, sleep, time to relax, various relaxation techniques, humor and laughter. Do not judge yourself too harshly if you have made a mistake! Mistakes can be fixed. Sometimes you have to use the word NO and say »I can't do it« even to your boss. Avoid conflicts and regularly solve problems. If you take part in a physical activity and have healthy nutrition, you will improve your health, have more energy, easily reach your goals, overcome the burdens in your life and cope with stress.

How can you recognize stress?

The signs of stress are physical, emotional and behavioral. They include sleep disorders, migraines, headaches, eczema (rashes), an increased level of fat in the blood, higher blood pressure with its consequences (heart rhythm disorders, heart attack), gastric ulcers, colitis and respiratory diseases. Behavioral disorders can also occur, such as alcohol and drug abuse, increased smoking, crying and aggression.



Think about your strengths and weaknesses and what are you planning to change.

PROBLEM-SOLVING	Rarely	Often	Sometimes
I judge the pros and cons of something			
I clearly set my priorities and goals			
I ask for advice			
I express my opinion			
I look for additional information			
Other			
Total			
STAYING IN GOOD CONDITION	Rarely	Often	Sometimes
I allow myself something I really like			
I relax in a refreshing bath or shower			
I take time off (vacations or only a bit of free time)			
I eat regularly and healthily			
I visit a peaceful place			
Other			
Total			
EXPRESSION OF EMOTIONS	Rarely	Often	Sometimes
I reveal my emotions to a friend, colleague at work or to a professional			
I cry			
I express my anger without hurting anyone			
When I am alone I scream and hit a pillow			
I dance and sing			
I express myself in a creative way			
Other			
Total			
I REDIRECT MY ATTENTION	Rarely	Often	Sometimes
I spend time on my hobby			
I talk about something else			
I exercise			
I focus on a mental problem			
I help someone			
Other			
Total			

Points: 3 often, 2 sometimes, 1 rarely

Source: »Ko te stres stres«, IVZ, 2006

>>> Count the points in individual columns. Analyze the results and you will see which methods you still have to learn in order to be able to cope with stress in an effective way.

Learn how to manage stress step by step.

### 1. Anticipate stressors and make plans.

Try to foresee the stressors that may occur and be prepared for them. Make a plan and a list of priorities.

### 2. Limit the stressors' effect.

Try to classify the stressors in the right category and do not bring your work home or the other way round.

### 3. React to stress in a calm way.

If you react to a stressful situation in a calm way, you keep your inner balance, gain time and make a conscious

decision about how you are going to face the problem.

### 4. Slow down and search for inner strength.

Relaxation techniques can help you mentally and physically relax. Allow proper deep breathing with the diaphragm to be the source of your strength.

### 5. Be optimistic.

Find a positive solution when you are in a stressful situation.

## Let's defeat bad cholesterol

There are many causes of cardiovascular disease. The most frequent cause



everywhere in the developed world is arteriosclerosis, which occurs because of the accumulation of cholesterol and triglycerides along the arterial walls. A specific amount of cholesterol is in fact indispensable for metabolism and other energy-consuming processes in the human organism. However, higher-than-normal levels represent a risk for coronary heart disease. Lifestyle habits have an important role in maintaining appropriate levels of blood fats (cholesterol and triglyceri-

des). Unhealthy nutrition, physical inactivity and stress are the factors that increase the level of blood fats. Studies have shown that a 1-percent decrease in the level of cholesterol in the blood lowers the chance of a heart attack by 2.5 percent. The recommended levels of blood fats are levels at which the risk of cardiovascular disease is small. The total cholesterol level should be less than 5 mmol/l, LDL less than 3 mmol/l, triglycerides less than 2 mmol/l and HDL more than 1 mmol/l. The total cholesterol level is borderline high when it is between 5 and 6.5 mmol/l and high when it is above 6.5 mmol/l. LDL cholesterol is borderline high when it is between 3.0 mmol/l and 4.5 mmol/l and high when it exceeds 4.5 mmol/l. Triglycerides are slightly high when they are between 2.0 and 4.5 mmol/l and very high when they are above 4.5 mmol/l.



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Diary of measurements of cholesterol, triglycerides and glucose in blood

This diary is meant to help you regularly monitor your levels. If you have adequate nutrition and you take part in a sports activity, you can expect a small improve-

ment or the levels will at least remain the same. If you notice any major or sudden changes in your levels, consult your personal physician.

Normal blood concentration levels

Total cholesterol below 5.0 mmol/l	LDL cholesterol (bad, harmful, atherogenic) below 3.0 mmol/l	HDL cholesterol (good, protective) above 1.0 mmol/l	Triglycerides below 2.0 Below 1.6 mmol/l	Glucose level under 5,6 mmol/l
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My level on the date measured

Date	Total cholesterol	LDL cholesterol	HDL cholesterol	Triglycerides	Glucose level

(for further instructions contact your doctor or the trainer in sport club)

Moderate consumption of wine is enjoyable

Small amounts of wine, especially red wine, which contains numerous protective substances, are acceptable, while excessive amounts can cause diseases connected with alcohol abuse. It is true that wine is made from grapes, which are an important source of antioxidants and protect us from cardiovascular disease and cancer, but wine unfortunately also contains alcohol (ethanol). According to the World Health Organization, an adult male should not consume more than 2.5 dl of beer, one dl of wine, or 0.3 dl of distillate per day and an adult female should limit herself to half of these amounts. If

these amounts are exceeded, the risk of alcohol abuse-related disease is increased. These diseases include cardiovascular disease (alcohol has a toxic effect on the heart muscle cells), liver cirrhosis, specific forms of cancer, injuries, immune system disorders, addiction and mental disorders.

Let's give up smoking

Smoking causes many diseases and its consequences are visible throughout the entire organism. The effect of smoking 25 cigarettes per day is the same as the effect of long-lasting physical inactivity.

The damaging effects of the sun



Each session of excessive sunbathing can be a risk factor for skin cancer. Therefore it is not good to sunbathe excessively. Solar rays have negative effects on the skin and the most serious consequence is skin cancer.

The ozone layer is thinning and consequently there is an increasing amount of UVB rays in the atmosphere. Some results of their oscillation have proved to be

carcinogenic. You can decrease the damage to your skin caused by sunbathing by using protective creams. However, we cannot entirely avoid the consequences. The only way to protect ourselves from the sun is to wear suitable clothing and hats. If you want to have healthy skin even when you are old, you have to regularly protect yourself from UV radiation. Choose among various form of protection according to your needs and the activity you are planning to do. Every sunburn means damage to the skin. UV radiation is the strongest between 10 am and 2 pm, especially on a nice sunny summer day. The radiation becomes much more intense when the rays reflect from water, snow, rocks, or concrete and you can even get burned in the shade.

Level of ultraviolet radiation					
	Minimal	Low	Moderate	High	Very high
UV index	0-2	3-4	5-6	7-9	10-15
Recommended protective measures					
Sunglasses	☼	☼	☼	☼	☼
Sun protection cream	☼	☼	SZF15+	SZF15-30	SZF 30+
Hat			☼	☼	☼
Shade				☼	☼

Let's use sunglasses

Excessive exposure to the UV rays can cause numerous eye injuries. It causes cataracts, macular degeneration and some forms of eye cancer.

When enjoying being outdoors, especially in water or snow and enjoying sports activities in the sun, our indispensable fri-

ends are: water (which protects us from dehydration), a hat and sunglasses. The sunglasses should offer suitable and high-quality UV protection (100% UV protection or UV absorption up to 400 nm) and should cover the largest possible field of vision.



## Maintain an appropriate body weight

Obesity is disturbing from more than just an esthetic point of view and it cannot be banished by visiting beauty salons. It is becoming an increasingly frequent health-related problem. Excess weight represents one of the most significant risk factors for cardiovascular disease and numerous metabolic disorders.

Each excess kilogram increases the risk of cardiovascular disease and diabetes and it increases stress on the hips, knees and joints. In women the chance of breast and uterine cancer is increased and in men there is a higher chance of colon, rectal and prostate cancer. Obesity occurs when a person consumes more calories than he burns. This definitely depends on the individual and his metabolism. In very rare cases, obesity can be caused by a hormonal disease. Genetic factors also play an important role. Children with obese parents are ten times more likely to have weight problems than children whose parents are of normal weight. An unhealthy lifestyle that includes insufficient physical activity, stress and high-calorie foods has a major effect. Think about whether you have problems with obesity or are overweight and why.

### What is meant by »overweight« and »obese?»

You can easily determine for yourself which group you belong to. Body mass index (BMI) is the ratio between body mass (kg) and the square of height (m<sup>2</sup>) and it is expressed in kg/m<sup>2</sup>. A person is



considered overweight when his/her BMI is between 25 and 29.9 kg/m<sup>2</sup> and obese when his/her BMI is 30.0 kg/m<sup>2</sup> or more.

### Did you know that the size of your waistline influences your health?

Accumulation of fat tissue around the waist is a warning that fat is also accumulating around the internal organs. The amount of fat around the waist is best assessed by measuring the waist circumference. Measure it at the point between the lower rib arch and the iliac crest at the level of the umbilicus.

### Does your waistline endanger your health?

In women a circumference above 80 cm is dangerous and above 88 cm is even more dangerous. In men a circumference above 94 cm is dangerous and above 102 cm is even more dangerous. When measuring the waistline, you must be relaxed and should not pull in the abdominal muscles.



### Take care of your muscular and skeletal health

If you are physically active all your life, you can maintain muscular and skeletal health or limit the weakening that usually appears in elderly people with sedentary lifestyles. Older adults can use physical activity to preserve the strength and flexibility that enables them to do daily tasks. Weight-bearing activities (e.g., jumping, leaping over obstacles) increase bone density and prevent osteoporosis. This is very important for the development of bone density in teenage girls and middle-aged women.

### Physical activities prevent specific forms of cancer

Physical activity reduces the general risk of cancer. Numerous studies have shown that physical activities prevent intestinal cancer; in physically active people the risk is 40% lower. Active women also have less chance of developing breast cancer after menopause. Physical activity also prevents prostate cancer in men.

## Prevent and manage diabetes

The main reason for developing type-2 diabetes is insulin resistance. Diabetes cannot be cured, but it can be prevented and, once it occurs, it can be managed well.

You can fight diabetes and all its complications on three »frontlines:« with healthy nutrition, appropriate body weight and regular physical activity, which improves glucose tolerance and helps maintain a healthy body weight. People with diabetes should follow a nutritional plan that also prevents cardiovascular disease. Nevertheless, regular physical activity is of great importance for preventing and treating diabetes in adults. Basic treatment approaches for type-2 diabetes are diet, regular physical activity and weight loss if the person is obese. The normal fasting morning glucose levels should be less than 6.1 units (mmol/l). A person is diagnosed with diabetes when a laboratory test shows that he has a fasting morning glucose level above 7 units or a random glucose level above 11 units at any time of day.

### What is metabolic syndrome?

People talk a lot about high blood pressure, higher blood sugar levels, obesity, smoking and alcohol consumption.

Metabolic syndrome is a combination of medical disorders that increases the risk of developing cardiovascular disease. Its main features are: insulin resistance, central obesity, high blood pressure and changes to blood fat levels (elevated triglycerides and decreased HDL cholesterol).



## When is a person diagnosed with metabolic syndrome?

When a person develops central (stomach) obesity and when two of the following risk factors are present:

- High blood pressure (above 130/85 mm Hg)
- Decreased level of HDL cholesterol (less than 1.03 mmol/l in men and less than 1.29 mmol/l in women)
- Elevated triglycerides (above 1.7 mmol/l)
- Elevated fasting blood sugar in plasma (above 5.6 mmol/l)

## Would you like to check your medical condition yourself?

You can do the metabolic condition test:

Sex	
Male	2 points
Female	1 point

Age	
Below 30 years	1 point
From 30 to 40 years	2 points
From 40 to 50 years	3 points
From 50 to 60 years	4 points
Above 60 years	4 points

Body mass index	
From 18,5 to 21,5	1 point
From 21,5 to 25	2 points
From 25 to 30	3 points
From 30 to 33	4 points
From 33 to 36	5 points
From 36 to 39	6 points
Above 39	6 points

Blood pressure	
130/80 mm Hg or less	0 points
Systolic blood pressure 135 mm Hg or more	1 point
Diastolic blood pressure 85 mm Hg or more	1 point

Waist circumference	
Less than 80 cm	1 point
From 80 to 94 cm	2 points
More than 94 cm	3 points

Physical activity	
Up to 2 hours per week	3 points
From 2 to 5 hours per week	2 points
More than 5 hours per week	0 points

TEST RESULTS: Total number of points: 13

4 points  
Very low chance of developing metabolic syndrome

4 to 8 points  
Small chance of developing metabolic syndrome

8 to 11 points  
Moderate change of developing metabolic syndrome

More than 11 points  
High chance of developing metabolic syndrome

Source: »Zakaj vitek pas,« Društvo za zdravje srca in ožilja Slovenije; 2006

## Body-weight diary

In addition to keeping a diary of physical activity and healthy nutrition, it is also advisable to keep a body-weight diary. You have to set a goal that you want to achieve: how many kilograms you want to lose. You can decide according to your body mass index. Check your weight once a week in the morning as part of your morning routine. If you lower your caloric intake by 500 to 1,000 calories per day and if you are physically active, you can expect

to lose 10 to 15% of your body weight in six months. Weight-loss plans that are appropriate for the long term are based on healthy, balanced nutrition and physical activity. Losing approximately 0.5 to 1 kg per week is recommended. Overweight and obesity are measured with the BMI, which shows the ratio between body mass (kg) and the square of height (m<sup>2</sup>).

BMI	CATEGORY
less than 18.5	Underweight
18.5–24.9	Normal
25.0–29.9	Overweight
30.0–34.9	Obese – Class 1
35.0–39.9	Obese – Class 2
40.0 or more	Obese – Class 3

SOURCE: »Okus po zdravem,« Prehranski vodič za zdravo hujšanje – CINDI Slovenija, Ljubljana, 2001.

### EXAMPLE OF A BMI CALCULATION

My weight 70 kg

My height 180 cm

My body mass index

$$\text{BMI} = \frac{70 \text{ kg}}{1,80 \times 1,80} = 21,60$$

My current weight

My desired body weight

LISTEN TO YOUR BODY WHEN IT TELLS YOU WHAT, HOW MUCH AND WHEN TO EAT



Body-weight diary

Current body weight	Weeks of weight loss												
	1	2	3	4	5	6	7	8	9	10	11	12	13
	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39
	40	41	42	43	44	45	46	47	48	49	50	51	52

My Health Card

Measurements	Date: <div></div> Beginning of a training season	Date: <div></div> Halfway through the season	Date: <div></div> End of the training season
Weight			
Height			
Waist circumference			
BMI			
% body fat			
Fitness index			
VO2 max			
Blood pressure			
Blood sugar			
Cholesterol			
(HDL, LDL)			
Triglycerides			

(for further instructions contact your doctor or the trainer in sport club)



Diary of physical ability test results

Before you start the tests, you have to check if they are safe for you. We recommend that you honestly answer the following questions:

- Has your doctor ever told you that your heart or arteries are in bad condition and that you should exercise only in line with the doctor's instructions?
- Do you experience chest pain when doing strenuous exercise?
- Have you experienced a sudden chest pain in the last month even though you were not exercising?
- Do you have frequent vertigo or are you prone to fainting?
- Do you have bone or joint problems that could get worse if you change the movement or intensity of an exercise?
- Are you currently on heart or blood-pressure medications prescribed by your doctor?

- Do you have any other substantial reason that physical exercise is not appropriate for you?

If you said »yes« to one of the above questions or if you are not entirely sure about it, you should not do these tests. Consult your personal physician.

**The diary is intended for regular monitoring of your coordination, flexibility, strength and endurance. We recommend that you do the tests twice per year. If you eat healthy and if you are physically active, you can expect to see improvement or unchanged levels even after a couple of months. We suggest that you do the following tests:**



Coordination tests

Coordination is a psychomotor ability that is important for complex movements. It includes spatial orientation, awareness of body and limb positions, awareness of muscle tone and the elements of precise, timely movements. Good coordination enables us to easily make complex movements. Use your energy economically and do not make unnecessary movements. You can quickly find the right pace and successfully orient yourself in space. Good coordination also depends on other motor abilities (strength, speed, endurance, flexibility, etc.)

Task 1

Figure eights with the feet

Task:  
The subject stands (with feet at shoulder width) with one foot between pins. When he feels ready, he can start making circles around the pins in a figure-eight pattern. The test is passed when the subject makes five »eights« in a row without stopping (putting his foot on the ground or hitting a pin). The subject is given two tries.

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MY RESULTS

Test date	My goal	Test results in repeats	Difference between the goal and the result

Percentage of people that pass the test by age: <sup>1</sup>

Age	Men	Woman
31–40	95	98
41–50	92	94
51–60	81	80
above 60	63	54

Task 2

Walking backwards

Task:  
The subject stands at a starting point and prepares to walk backwards on a six-meter long line free of obstacles. He puts one foot after the other without an empty space in between (the toes of the back foot touch the heel of the front foot). If he steps outside the line or leaves an empty space between the feet (i.e., his steps are too big), he fails the test. He is given three tries.

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MY RESULTS

Test date	My goal	Test results in meters	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
31–40	99	98
41–50	95	96
51–60	89	87
above 60	81	70

If you had difficulty with the coordination tests and if you did not achieve the desired results, we recommend that you take part in the following physical activities: dancing, aerobics, ball games, Pilates and other complex forms of movement.

<sup>1</sup> Source: Bös, K., Wydra, G. (2002). »Fitness Basis Test,« Gesundheitssport und Sporttherapie 18, 196–201.

Flexibility tests

Flexibility is a motor ability that enables our joints to move in their full ranges. It requires muscle tissue elasticity and openness of the joint surfaces. Good flexibility protects us from injuries and skeletal damage. It affects our wellbeing and it enables us to move in a relaxed way.

One of the main elements of the movement alphabet is maintenance and improvement of flexibility of all joints in every period of life.

Task 1

Shoulder flexibility

Task:  
The subject leans with his shoulders and pelvis against a wall. His feet should be one-and-a-half foot lengths away from the wall. The subject then lifts his arms above his head while his back is still leaning against the wall. He passes the test if he can touch the wall with the back of his hands while his shoulder blades (shoulders) and pelvis are leaning against the wall.

MY RESULTS			
Test date	My goal	Test results	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
30 and below	73	83
31–40	63	77
41–50	57	73
51–60	49	66
above 60	49	57

Task 2

Leaning forward

Task:  
The subject stands up straight and has his feet at shoulder width. He slowly leans forward while keeping his knees straight. The subject should touch the ground with all his fingers and stay in this position for at least five seconds without bending his knees.

MY RESULTS			
Test date	My goal	Test results in seconds	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
31–40	73	91
41–50	71	90
51–60	50	83
above 60	38	70

If you have neglected your flexibility and if you have mainly sedentary work we suggest you do the following exercises: all kinds of stretching exercises, yoga and Pilates.

Strength tests

Strength is the ability to effectively use one's muscle power to lift or maintain a burden. It depends on the number and diameter of muscle fibers, elasticity of muscle tissue, intramuscular coordination and also on the motivation to overcome an obstacle. Muscular strength can be static, repetitive, or explosive. When measuring the strength of individual muscles, limit the function of auxiliary muscles as much as possible to achieve the desired result. Strong muscles protect the skeleton from being overburdened and enable us to easily carry difficult burdens (an exhausted individual can perceive his own body as a heavy burden).

Task 1

Back muscle strength

Task:  
The subject leans against a wall with his back. He lifts his hands sideways, holding them at shoulder level. Then he bends them so that his elbows touch the wall. The feet are one-and-a-half foot lengths away from the wall. Then he pushes himself away from the wall with his elbows so that the entire body loses contact with the wall (his shoulders and pelvis are no longer touching the wall). He passes the test if he manages to stay in this position for at least 10 seconds without feeling any kind of pain in his neck or nape of the neck.

MY RESULTS			
Test date	My goal	Test results in seconds	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
30 and below	90	97
31–40	93	92
41–50	96	92
51–60	96	95
above 60	91	80

Task 2

Abdominal muscle strength

Task:  
The subject lies on his back, with his legs extended and his arms lying next to his body. Then he bends his knees to make a 45° angle while his feet stay on the ground. The subject lifts his body so that he can touch his knees with outstretched arms and remains in that position for 2 seconds. The subject passes the test if he moves slowly (without sudden movements) and if he does not lift his feet off the ground during the exercise.

MY RESULTS			
Test date	My goal	Test results in repeats	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
30 and below	88	77
31–40	79	73
41–50	71	51
51–60	63	42
above 60	51	24

If you have been noticing that individual groups of muscles are losing strength or if you are feeling weak in general, we recommend that you do the following exercises: working out, exercises for strong legs, arms and body, rowing, stair-climbing, etc.

## Endurance test

Endurance is the ability to make an effort for an extended period of time. It depends on several psychomotor factors and it is directly linked with effective functioning of the cardiovascular and respiratory systems. The motivation to make an effort is of key importance for maintaining and developing endurance. Endurance has a strong effect on the quality of life because it stirs determination to reach a far-off goal and ensures economical functioning of vital body functions.

## Task 1

### Running in place

Task:

The subject runs in place without stopping for six minutes while he lifts his feet off the ground. He passes the test if he does not stop and if he is not breathing heavily at the end. This test can be performed by many subjects at the same time.

MY RESULTS			
Test date	My goal	Test results in minutes	Difference between the goal and the result

Percentage of people that pass the test by age:

Age	Men	Woman
30 and below	98	88
31–40	83	82
41–50	77	70
51–60	61	58
above 60	50	44

If you are feeling weaker and you are also losing your endurance, we recommend that you find a sports partner or take part in a group physical activity organized by the Sport Club, in which you can regularly ride a bicycle, do aerobics, run, swim and so on. We also recommend that you use a heart-rate monitor.

## Walk test

A 2 km walk test is an outdoor test for measuring physical ability or fitness index. It is a simple and accurate test for assessing the physical abilities of people from 18 to 65 years of age. It is appropriate for physically inactive and moderately active persons. The test can be repeated after a couple of months of practice and it can be used to assess how your physical ability is increasing.

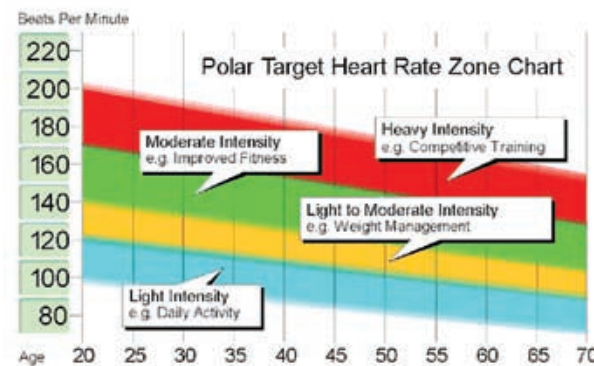
A 2 km walk test includes team warm-ups, measuring an individual's heart rate, a computer-assessed calculation of the fitness index and expert counseling on how to improve physical ability. The test shows us if the body is able to cope with

physical effort. Before beginning the test, take your blood pressure and after the 2 km walk measure your heart rate. The results are then entered into a computer and you get a final report. You can also consult medical staff.

Find Sport club in your town where »Walk test« is organised and join the group.

## Aerobic exercise

During a physical activity you have to listen to your body. If you want exercise to be healthy and effective, you have to measure your heart rate. You can accurately and constantly measure it while exercising by using a heart-rate monitor.



POLAR FITNES TEST

The VO2 max is the volume of oxygen used per minute while exercising. The oxygen from the lungs travels in the blood to all parts of the body. During exercise, more than 90% of oxygen is used by muscles. In the muscles the oxygen then interacts with carbohydrate and fat molecules and the energy is released. The VO2 max is thus your body's capacity to transform the inhaled air into energy. Your VO2 max is your physical ability. A high VO2 max means a high endurance level.

Your VO2 max can also be easily measured by some types of Polar heart-rate monitors (S210, S410, S610i, S625x, S810i, RS200 and RS200 sd). Before the test, we have to set the sex, age, weight and level of activity. We recommend that you do the tests when you are relaxed, approximately at the same time of the day and to avoid talking during the test. This allows us to eliminate any possible surrounding noise. The test lasts exactly seven minutes. After that time the monitor shows the result. Compare your result with the results from the chart below:

Men: maximal oxygen uptake (VO2 max, ml/kg/min)							
Age	1 (very poor)	2 (poor)	3 (decent)	4 (average)	5 (good)	6 (very good)	7 (excellent)
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-45	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40

Women: maximal oxygen uptake (VO2 max, ml/kg/min)							
Age	1 (very poor)	2 (poor)	3 (decent)	4 (average)	5 (good)	6 (very good)	7 (excellent)
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	36-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

My physical activity



From a historical point of view, running was a survival skill for humanity..

*Increasing scientific research is revealing that physical activity, together with a healthy lifestyle, increases quality of life regardless of what age you start to be physically active. Of course you have to obey the rules of a healthy lifestyle, such as eating healthy food, moderate levels of alcohol, no smoking and getting enough sleep. If these rules are not followed, physical activity can do more harm than good.*

The positive effects of exercise can be seen if you exercise regularly and put some effort into it. The amount and type of exercise depends on your goal. If your goal is to have a healthy heart you only have to exercise about 30 minutes five times per week. You can choose any sport you want, including racewalking, as long as you pay attention to making a specific level of effort. Exercises such as racewalking, jogging, cycling and so on are very beneficial for the heart and

vascular system. They can help you lose weight and improve your wellbeing, but they are not as effective if you do not strengthen other muscles too. The muscles must feel the effort and therefore it is necessary to exercise at least five hours per week. This is the only way to have a muscular body. If your main goal is to lose weight and have an appropriate weight, you need to exercise in a more intensive way at least five hours per week and you must eat less and eat healthy food. Physical activity must become a part of your life so that you can keep from gaining back the weight you lose. You have to lose weight slowly, up to one kilogram per week, otherwise you can decrease the effects of exercise and your physical ability, as well as seriously jeopardize your health. If the goal of exercising is to decrease the amount of stress experienced at work or at home, then you can choose a form of exercise that makes you happy and relaxed. When you are stressed, exercise should not be too intense. Sports should not become an addiction. This would just make them a new source of stress.

Positive effects of exercising

When you start to exercise regularly, be aware that the effects will only be seen after a certain period of time, most often after two or three months. It is never too late to start exercising. It has been proven that the lives of people that take part in sports activities are much higher-quality and richer. These people have fewer health problems or they easily cope with them. Regular exercise slows down the loss of physical

and mental abilities or even improves them.

Active seventy-year-olds prove that body and mind cannot be separated. Research demonstrates that the same rule applies for the body and brains – if we do not use them, they become totally useless. If we are not constantly using them, we move, think and live in a lazy way.

### What can be achieved with physical/sports activity?

- Improve the quality of life
- Lower the risk of death by heart disease or stroke, which cause one-third of all deaths in the developed world.
- Lower the risk of heart disease or colon cancer by up to 50%
- Lower the risk of type-2 diabetes by 50%
- Prevent/lower increased blood pressure, which is present in one-third of the world's adult population
- Prevent osteoporosis and lower the risk of hip fracture by 50%
- Lower the risk of developing lower-back pain
- Encourage well-being, lower stress and eliminate feelings of fear, depression and loneliness
- Prevent or manage risky behavior such as smoking, alcohol abuse, consumption of other harmful substances, unhealthy nutrition or violence in children or adolescents
- Easily control body weight and lower the risk of obesity by 50% in comparison with people that have a sedentary lifestyle
- Improve bone composition and ma-

intain healthy bones, muscles joints and improve energy when suffering from a chronic disease

- Release any potential pain such as back or knee pain



Do not be too hard on yourself if you do not precisely follow your plan.

### Chose realistic goals

Regular exercise should not be an ultimate goal, it should be a journey. Enjoy this journey and let it become a part of your life. This does not mean that there will not be any weak moments or steps backwards, because it is not easy to find a place for regular exercise within a busy work timetable. Thus, you should also be prepared for side paths or stumbles on your way to success and a better lifestyle.

### Here is some advice on how to include regular exercise in your everyday life:

- Be organized and ready to exercise: always keep your sports equipment at hand; for example, in the car or next to the front door. Make reservations for exercise activities organized

by your Sport club in advance (one month or half a year).

- Reward yourself after you have finished an exercise program: chose a massage, sauna, new sports T-shirt, or anything you want at that moment.
- Find friends, family members, or partners to keep you company during your everyday exercise.
- Regularly update your goals: you must have a reason for regular exercise. Chose small individual goals that will help you meet important (long-term) goals. If you do not know why you are doing a specific exercise, you will probably make the movements without any special intention. If you have small goals, however (e.g., to learn a new exercise for improving your balance and coordination), the exercise will be most beneficial.
- Get used to changes. Even if you are enjoying an individual exercise plan you can choose a new one or you can introduce small changes. For example, if you regularly do racewalking you can add jogging exercises and exercises for your spine. If you are attending aerobic dance you can try some Pilates exercises instead (once a week), or you can chose another coach or a different gym. This will provide you with a new challenge.
- Focus only on implementing the exercise and not on the results: enjoy the individual activities and try to forget feeling tired. Think about strong muscles, fresh air and not about what you will achieve with the exercise.

### Face your problems

Admittedly, sometimes it really is easier and more comfortable to lie on the couch than to go to the gym. The biggest step we can take is to get up and go out. Everything after that is much easier and more pleasant.

If you currently do not have time to do the entire exercise program, do only a part of it and do not stress out about it because this will only bring you dissatisfaction. Sometimes we lose the motivation to exercise because we do not see the results or attain the goal we had set. Maybe the goal is too high or maybe the exercise is too difficult and inappropriate. Change the program, find a new coach or exercise at a different time of the week. Try to experiment so you can again focus on the main point of your exercise program.





My personal  
exercise program

# My personal exercise program

## Making your personal exercise program



Some people exercise because they want to protect themselves from disease, while others do so because they are preparing for a marathon.

Regular exercise is important for all of us. We have heard this a million times. But do we have a clear image of what this means for our body and health? We have already accepted the fact that »an ounce of prevention is worth a pound of cure.« This is why, in many societies, fitness centers and other sports organizations are cooperating with doctors and coaches from specific areas. They can help people choose an exercise program and improve their physical and psychological condition.

No matter what exercise you choose to do, there are always important rules you have to follow concerning the safety and the level of intensity.

### Treat your body nicely

- Choose a program that best suits your abilities and your age.
- Find a club or organization that will help you choose the right group or type of exercise.
- Choose a qualified and experienced coach.
- Find the right exercise shoes.
- Dress appropriately for the activity.
- Choose a place (a gym, pool, or outdoor venue) that seems pleasant and where you feel good.
- Invite a friend to join you.
- Forget about excuses such as »I don't have time, I have to study, I have work to do, There is something interesting on TV, I don't have the money to do it, I don't have company, I'm starting next month,« etc.
- Drink a lot, but avoid soft drinks.
- Do not eat at least two hours before exercising.
- If you experience any kind of medical problems, consult your personal physician before you choose an exercise program.
- If you experience pain in the chest, joints, spine, head or if you have nausea, immediately stop exercising.



**Exercise directions that must be respected when choosing and doing an exercise:**

1. The style or type of exercise
2. Frequency of doing the exercise
3. Duration of the exercise
4. Intensity of the exercise.

### 1. The exercise plan must be focused on one or more activities (style or type of exercise) that increase aerobic endurance.

These kinds of activities are usually: walking, \* jogging, \*\* running, \*\*\* hiking, \*\*\*\* mountaineering, cycling, swimming, rowing and (sports) games.

**\*Walking** is the most common form of transportation. Walking as a sports activity should be a bit faster than everyday walking. A step should be slightly accelerated; you need suitable shoes and



You have to consider the scope and variety of an exercise program, which should include aerobic activities (running) and activities that improve flexibility, coordination and strength (gymnastic exercises for flexibility and strength, exercise for learning how to quickly solve spatial problems and basic games to gain speed strength and coordination).

clothing. It is most important to do the exercise with a specific intention. You have to take time for walking. You should walk from 30 to 90 minutes.

**\*\*Jogging** is an interim step between walking and running. It is very slow running that usually does not cause one to become winded. It is recommended that walking and gymnastic exercises be interspersed with jogging.

**\*\*\*According to one definition, running** is a mono-structural movement that includes slow as well as fast running. It is usually faster than jogging. It is also recommended that walking and gymnastic exercises be interspersed with running.

**\*\*\*\*Hiking and mountaineering** include short- and long-distance walking. You can hike and go mountaineering near home or far away, in both hill and mountain ranges. These activities require special equipment (hiking boots, a backpack with additional clothing, food and drinks). The activity can last from one hour to several days – for example, on a mountaineering tour.

These activities do not suit all tastes, so there are also alternative solutions with similar effects (aerobics), hopping on and off a bench, tennis, basketball, soccer, volleyball, rollerblading, etc.). Before increasing the frequency, duration and intensity of an activity and before taking part in a competition, you need to do the activity for a specific period of time. The organism must gradually adapt to greater and greater efforts. You have to con-

sider the scope and variety of an exercise plan that should include aerobic activities (running) and activities that improve flexibility, coordination and strength (gymnastic exercises for flexibility and strength, exercise with which you learn how to quickly solve spatial problems and basic games for improving speed, strength and coordination). This kind of approach lowers the chance of injuries to individual body parts or possible motor disabilities later on, which occur because of repetitive injuries in the early exercise period. If you do only one type of exercise, this has a positive effect on the cardiovascular and respiratory systems, but in the long run it can decrease flexibility and hurt the joints; for example, the knees, the spine and so on. You should always do a compensating exercise that eliminates the negative effects of the other type of exercise.

### 2. Exercise frequency

Compared to duration and intensity, exercise frequency is a less critical factor that could harm the athlete. According to some studies, the optimal exercise frequency is from three to five times per week. This does not mean that more frequent exercising (from six to seven or more times per week) would not be beneficial but, considering the ratio between exercise and health, this frequency proves to be the most ideal.

In the beginning, exercise should be limited to three to four exercise sessions per week. When you start to enjoy it and

The optimal exercise frequency is three to five times per week.

are physically and mentally ready, you can (and should) exercise more often. Those that are strongly motivated exercise six or seven times per week, but in many cases this does not yield the desired results. Usually they become tired or »overtrained,« or they suffer from injuries and they have to temporarily or permanently stop exercising.

### 3. Duration of exercise

Aerobic ability can be improved even with exercise that lasts only 5 to 10 minutes per day. However, the optimal time to improve aerobic abilities is 20 to 30 minutes. The optimal time is the time that makes exercise the most effective. You thus have to reach the optimal exercise intensity with which you can improve your ability. Exercise intensity and duration are in reverse relation: the greater



The optimal duration of exercise to improve aerobic ability, if the intensity is appropriate, is 20 to 30 minutes per day.

the intensity the shorter the duration and vice versa: the longer the exercise, the lower will be the intensity with which we do it.

#### 4. Exercise intensity

##### MEASURING YOUR HEART RATE

**Heart rate is the best indicator of body load and it is much more accurate than a personal opinion. By monitoring your heart rate you can make exercise more effective, you can reach your goal more easily and quickly and above all, you are safer.**

Here is a simple way of calculating your maximum heart rate: for men: 214 minus 0.8 times your age; and for women: 209 minus 0.7 times your age. For example, if you are a 50-year-old man, you multiply 50 by 0.8 and the result is 40. If you subtract 40 from 214, you get 174, which is your maximum heart rate. You should not exceed this while exercising. After you have calculated your maximum heart rate you have to set your limits. We recommend that during exercise your upper limit be 75% of your maximum heart rate and the lower limit 65%.

Exercise intensity is probably the most significant factor in the exercise process. How high must it be so that exercise is effective? Former athletes often remember exhausting training sessions that either did or did not yield the planned and desired results. Many of these athletes are now passing on their experiences when coaching other athletes or clients at fitness centers, for example and they would like to help them achieve positive competitive and medical



For the majority of people that want to exercise in order to maintain or improve their health and wellbeing, exercising can be effective at approximately 60% of VO2 max to 80% of MHR. (more details below)

results. Exercising can produce positive medical results even when using 45% or less of your aerobic ability. For the majority of people that want to exercise in order to maintain or improve their health and wellbeing, exercising can be effective at approximately 60% of VO2 max (maximal oxygen uptake) to 80% of MHR (maximum heart rate).

##### An individually planned exercise program

People of the same age and similar body structure have different abilities. Therefore each exercise program must be planned for every person individually and it must be based on physiological tests. In addition it is sensible to take into account individual needs (for example, preparation for a 3,200 m run) and the individual's wishes or interests. An exercise program should include the following elements:

- Warming up and stretching exercises
- An endurance exercise
- A strength exercise
- Cooling down and body relaxation
- A flexibility exercise

The first two activities should be done three to four times per week. A flexibility exercise must be part of the warm-up or relaxation of the body or it can also be an individual training session. One usually gains strength on days when the program does not include an endurance exercise. However, both types of exercise can be done at once.

##### Warming up and stretching

Training should begin with low-intensity exercise and stretching or flexibility exercises. During the warm-up, the heart rate and breathing speed up, which enables the body to function effectively and safely later on. Appropriate warm-ups also lower the risk of injuries to muscles, tendons and ligaments. At the same time it enables the body to gradually include those energy processes that you will most need during the main part of the training.

**Warming up** is intended to prepare the body for the effort, for increasing the elasticity of muscles, for preparing the joints for greater stress and for accelerating the blood flow and breathing pace.

Warm-up duration:

- 15 minutes for beginners, elderly persons and pregnant women
- 10 minutes for those in better condition

Warm-up exercises:

- Walking
- Running
- Low jumps
- Half knee-bends
- Controlled circular movements in major joints
- Flexibility exercise (stay in each stretched position for at least 20 seconds and repeat the exercise twice)

##### Endurance exercise

Sports activities that improve cardiovascular endurance are the main part of the exercise program. They increase the endurance of the cardiovascular, respiratory and metabolic systems. These kinds of activities also help us control and lower our body weight. The following activities are the most appropriate for developing endurance: running, jogging, cycling, walking, swimming, hiking, mountaineering, rowing and aerobics.

**The main part of the exercise session** should include an aerobic exercise such as racewalking, running, cycling, swimming, or group exercise, muscle-building exercises and balance and coordination exercises.

We recommend that you:

- Chose exercise that brings you satisfaction and pleasure
- Adapt the intensity and duration of exercise to your current physical condition
- Progress slowly and gradually (if you are a beginner, elderly person, or if you have a medical condition)
- Monitor your heart rate during exercise



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se and after it

- Do the main part of the exercise activity for at least 20 minutes.

### Strength exercise

Strength exercise is becoming an important part of exercise for health and better physical condition. The level of the load can be defined by choosing one exercise (e.g., the bench press) and lifting the heaviest load you can. Then take half of that load. At fitness centers people usually use loads on different machines and under a fitness instructor's supervision. This section stresses that you have to be cautious because weight lifting is not always appropriate for elderly persons (e.g., because of osteoporosis) and for the overweight (weight lifting increases arterial pressure, which can also have tragic consequences). If one is a beginner or an elderly person and decides to do strength exercises, he should obey

the following rules: start with the easiest exercise, do the exercise gradually and systematically and do a compensation exercise and an aerobic exercise.

### Cooling down and body relaxation

Every exercise session must also include the elements of cooling down and relaxation. The most appropriate way is to gradually reduce the intensity of an endurance exercise in the last minutes of training. For example, after running it is advisable to walk slowly and in a relaxed way for a few minutes. This helps prevent possible sudden loss of consciousness (collapse) because of increased blood flow to the limb muscles. After walking you should do easy stretching exercises for the arms and legs.

**Cooling down** decreases tension in the muscles after working out, lowers heart and breathing rates and prevents muscle pain.

### Duration of the cool-down process:

- 10 minutes after the main part of the exercise, which lasts from 30 to 60 minutes
- 20 minutes or more after a longer exercise session

### Cooling exercises:

- You can do the same aerobic activity at a slower pace or walk for 5 minutes
- Flexibility exercises (remain in each stretched position for 20 seconds and repeat this three times)

### Flexibility exercise

Flexibility exercise should be the core part of the warm-up before the main part of the training session and also cooling down after exercising. Flexibility exercise should be an individual training session at least once per week. Start stretching, which is part of flexibility training, slowly and gradually. When using the stretching method, learn the basic rules of this exercise. For example, move a muscle in a specific position according to the instructions of the P.E. teacher, instructor, or trainer. Then stretch it until you feel the first signs of pain or increased tension. Remain in that position for 20 seconds and then take a break, which should last the same amount of time as the exercise. Repeat the stretching. Then continue with another muscle. Stretching and increased flexibility largely prevent injuries and problems with muscles, tendons, muscle sheaths and bones. In addition, good flexibility has a positive effect on the efficiency of a physical activity. For example, a runner that is »unstretched« and inflexible will not run fast in a gentle, relaxed way. His running would feel like torture and at the same time he would be prone to injuries.

### SPECIAL CASES:

#### Principles of healthy physical exercise for people with special needs

#### Kegel exercises

Both women and men have a group of muscles called the pelvic floor muscles. These muscles can lose their tone because of childbirth, surgical operations, overweight, or the ageing process. This

results in incontinence (inability to retain urine when sneezing and coughing), hemorrhoids, low back pain, inability to control defecation, reduced pleasure during intercourse and premature ejaculation.

In the 1940s Arnold Kegel, a gynecologist, discovered that stronger pelvic floor muscles helped patients that experienced stress incontinence after childbirth. These are simple exercises of contraction and relaxation of pelvic floor muscles. The patients that did the exercises soon found that they also had a surprising side effect – a woman that does this exercise can easily and more intensely experience orgasm.

### What are the functions of the pelvic floor muscles?

The pelvic floor muscles support the bladder and intestines and, in women, also the vagina and uterus. If these muscles become weaker they can no longer function and the position of the organs in the body changes. This causes all the problems mentioned above.

### Where are these muscles?

The easiest way to find where these muscles are is to try to hold the flow of urine while urinating. The other way is to put a finger in the vagina (women) or anus (men) and to try to contract the muscles by squeezing the finger. The abdominal, thigh and gluteus muscles must stay totally relaxed. You have to squeeze the finger with just your pelvic floor muscles. These muscles also contract during an orgasm.



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### Positive effects of Kegel exercises in women

- Stronger pelvic floor muscles
- Improves incontinence problems
- More pleasure during intercourse
- More intense orgasm

Do not do this exercise during urination because this can cause a urinary tract infection. Doing the exercise incorrectly (using abdominal, thigh and gluteus muscles) can worsen the situation!

### How to do Kegel exercises

- First you should empty your bladder.
- Contract the pelvic floor muscles.
- Then entirely relax the muscles.
- Repeat the exercise ten times three times per day (in the morning, afternoon and evening).

Do the exercise with short and quick intervals of contractions and relaxation (two seconds) and long intervals (five or ten seconds).

You can do this exercise wherever and whenever since it can be visible. You can do it while standing up, sitting, or lying down.

### Osteoporosis

Physical exercise affects bone density. Its impact depends on the quantity and type of exercise, hormonal state, nutrition and age. Exercises that use gravity, such as weight-bearing exercises, have a greater effect on bone mineral density than those that do not use gravity, such as swimming. You can improve your bone density by using greater force and doing fewer repetitions. A very intensive exercise session that lasts several hours is less suitable for the skeleton because bone density can be improved only to a certain limit and excessive training can have the opposite effect. Scientists say that bone density is increased by practice up to 6 hours per week, which is when bone density improvement reaches its maximum.

The ageing process cannot be avoided and the same is true for ageing of the bones, which become fragile and breakable. Maintaining physical condition through regular exercise can improve and maintain the state of the muscular system, prevent falls and consequently also injuries.

Scientists say that bone density is increased by practice up to 6 hours per week, at which point it reaches its maximum.

So you should do as much as you can for your bones before it is too late! Physical exercise affects bone density. Its impact depends on the quantity and type of exercise, hormonal state, nutrition and age.

Lifelong physical activity definitely lowers the risk of developing osteoporosis. The loss of bone density is smaller if you make your »bone reserve« as large as possible in youth with a healthy lifestyle that must include everyday exercise, sports activities and everyday activity.

### Menstrual cycle

One of the benefits of physical activity is also that it effectively and substantially mitigates hormonal problems in women. Those that regularly do a sports activity and have healthy nutrition have far fewer difficulties with hormone changes, they do not feel so full, they do not have cramps, or their cramps are much weaker.

## Useful examples of exercises

### EXERCISE FOR BETTER BALANCE

**Exercise description:** Sit down and slowly turn your head first to the right and then to the left as much as you can. Then turn it down and up. Move your eyes together with your head. It is important that your eyes precisely follow the movement. Repeat the exercise several times.



Exercise can mitigate your hormonal problems.

### EXERCISE FOR STRENGTHENING THE ABDOMINAL MUSCLES

**Purpose:** To stabilize the pelvis and spine by contracting the abdominal muscles. This is the starting point for other exercises. Learn how to move the pelvis moderately or naturally. This decreases the chance of experiencing lower back pain.

**Exercise description:** Lie down on back, with flexed legs, with feet on the floor. Put your hands on your hips and try to feel the abdominal muscles, which you try to contract. At the same time you can do the exercise in which you contract the pelvic muscles. You can try to keep the abdominal muscles contracted by alternately lifting your bent legs.

**Attention:** Do not additionally press your lower back towards the floor or lift it from the floor and keep your stomach in. Breathe rhythmically and exhale when you contract your muscles.

### EXERCISE FOR STRENGTHENING THE BACK, GLUTEUS AND LEG MUSCLES

**Purpose:** To improve balance, coordination of movement and stability of the spine. To strengthen the abdominal, back, hand and leg muscles.

**Exercise description:** Put your hands on the floor at shoulder width and your knees at hip width. Use your spinal muscles to keep your neck and the lumbar spine segment in a natural position. The head is the extension of the vertebrae of the spine. You should have the feeling of wanting to extend your spine. First lift the left leg and keep it stretched in the line of the spine for five to ten seconds. Then slowly put it back in the starting position. Do the same with the right leg. Then lift one arm and the opposite leg in line of the body and when you bring them back try to bring your elbow and knee close together. Repeat the exercise several times. Then do the same with the opposite arm and leg.

**Attention:** Do not hang on your shoulder ligaments and keep your pelvis in a stable position. You can control this by trying not to make an arch in the lumbar spine segment. Do not lift the legs too high and do not turn your hips. Do not tilt your head backwards. If you feel pain in the wrists, you can bend your elbows and lean on the fists or forearms. If you feel that you can no longer control this position, you should only lift one arm or leg and later both of them together. When you are strong enough to keep your body in a stable position, you can also use weights for the arms and legs.

### PUSH-UPS

**Purpose:** The shoulder joints are often used for everyday tasks for which arm support is needed. Therefore it is extremely important to make the shoulder joints strong and stable before becoming old. This exercise also strengthens the wrists and elbows.

**Exercise description:** Get on your hands and knees and slowly move your chest towards the floor and then return to the starting position.

**Attention:** Do not hang on the shoulders and do not turn your hands outwards too much. Keep your spine stretched and do not increase the arch of the lumbar spine. The exercise is more difficult if you touch your fingers with your chin or if stretch the hips or knees and support yourself only on your toes. This should be done only by those that can keep their spine stretched. Breathe rhythmically and always exhale when you contract your muscles.



My nutrition

# My nutrition

Healthy nutrition can provide your body with all the nutritious and protective substances they need and protect them from some diseases. This increases quality of life as you get older.

## How and what to eat?



### Yes

- Eat as much as you need.
- Eat three to five times per day.
- Be sure that every main meal consists of fresh or cooked vegetables, fruits and dishes with whole grains and legumes. The meat dish should consist of one small cutlet.
- Use a small amount of fats when cooking.
- Eat whole-grain cereals, oats and other flaked grains, cooked cereals, whole-grain bread, bran, a lot of legumes (beans, peas, lentils and soybeans)
- Use natural spices and herbs.
- Eat fresh, unpeeled fruits or cooked fruits without added sugar.
- Consume drinks without added sugar, water and mineral water, teas and lemonade. You can have a glass of wine at lunch or dinner.



### No

- Do not eat only once or twice per day and do not skip breakfast.
- Do not eat when you pass by food or when are doing something else (e.g., watching TV).
- Do not make portion sizes too large.
- Do not use a large amount of fat when cooking. Do not fry food.
- Avoid greasy sandwiches (with mayonnaise, spreads, butter and margarine).
- Do not eat food that has lost a lot of fiber during preparation (e.g., dishes made from white flour, clear fruit juice and polished rice).
- Use less salt in cooking and do not add salt to already-cooked dishes.
- Rinse sauerkraut and sour turnip with water before you eat them because this reduces the level of sodium in it.
- Do not eat sweets, puddings, preserved fruits, fruity jellies and cakes that contain a lot of fats.



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Why not start eating healthier today?

## Healthy and balanced nutrition

Balanced nutrition is nutrition that suits an individual's needs. Therefore there are no set patterns of balanced nutrition. There are some basic normative recommendations that help us consume a sufficient quantity of nutritional substances, but we cannot blindly follow them. Numerous other rules have to be considered as well; these affect the use of nutritional substances and human nutritional needs.

### Healthy nutrition is based on five main groups of food:

- Group 1: Bread, cereals, cereal products, cooked cereals, potatoes
- Group 2: Fruits and vegetables
- Group 3: Milk and dairy products
- Group 4: Meat, fish and alternatives (legumes)
- Group 5: Food with a lot of fat and sugar

### Healthy nutrition guidelines

#### What do I have to do to have a well-balanced diet?

When you want to lose or maintain body weight it is recommended that you eat nutritious food rich in energy. Balanced food depends on an individual's age and physical activity. A healthy adult should consume food that provides calories in the following proportions:

- Protein: 10 to 15%
- Fat: 15 to 30%
- Carbohydrates: 50 to 75%.



BUY FOOD IN SMALLER  
QUANTITIES, BETTER QUALITY  
FOOD AND ORGANIC FOOD

Apart from calculating caloric values, it is also recommended that you eat:

- **As many cereals and cereal products as possible** (40%), thus dark bread, pasta, rice and cooked cereals.
- **Fruits and vegetables** (35%), at least one-third of which should be fresh fruits and fresh salads (in total approximately 300 g to 400 g per day).
- **Dairy products, fish, eggs, poultry, beef**, etc. It is advisable that you consume 20% (or no more than 100 g) low-fat meat per day or suitable alternatives.
- **As few sweets, fats and sugar as possible** (not more than 5% per day).



### A HEALTHY DAILY MENU ALSO INCLUDES HEALTHY EATING HABITS:

- Eat sitting down.
- Eat regularly: breakfast, lunch, dinner and one or two light snacks. Irregular meals are one of the risk factors for chronic diseases.
- Eat in a calm and relaxed environment.
- Eat slowly and chew your food well.
- Try to eat as many varied foods as possible in small quantities.
- Do not eat a lot of fatty and fried food.
- Everyday meals should include enough fruits and vegetables.



### BET ON MODERATION AND WIN

#### It is good to know!

When making dough for bread and pastry, batter for crepes and other foods, you can use a bit of whole-grain flour instead of white flour. This enriches the dish while allowing it to retain the same flavor and appearance.

Always read product labels. Juices that contain 100% fruit usually have this information stated on the packaging. Choose juices without added sugar. Various carbonated beverages and other soft drinks do not contain fruit. On the other hand, they contain a lot of sugar, often more than 10 teaspoons per liter.

Use special pots and pans in which you can cook without added fat. This helps reduce the amount of fat eaten. When baking, you can use special baking paper or a spray oil.

You can use half the amount of sugar called for in recipes. Your pastry will not be any less tasty. The more sugar you consume in sweet food, the more you crave sweets.

Low-calorie food and balanced nutrition can significantly protect us from developing diseases common to today's society.

Excessive amounts of fat in food lead to some cardiovascular diseases and forms of cancer. Therefore it is good to choose low-fat products.

Because of the high number of people with osteoporosis, which especially affects women, it is important that our everyday nutrition include products rich in calcium (milk and dairy products).

When choosing food products you also have to think about combinations and choose foods of different colors, flavors and textures. Assess the quantity of food you should eat.

### Lowering your body weight

It is never too late to make the decision to change your lifestyle! If you start with sports and physical activities and change your eating habits, you have already done a lot. Remember that if you lose only a couple of extra kilograms, you have already greatly reduced your health problems and improved your well-being. Appropriate body weight forms the basis for health. It is always hard to begin, so you should begin moderately and gradually. You will soon feel positive changes.



MAKE THESE RULES PART OF YOUR LIFESTYLE

Think about whether the food you eat often contains sugar and whether you often drink alcohol. Congratulations! You have chosen the path that leads to the set goal.

Body weight can be reduced in many ways. Today the biggest challenge is to maintain a lower body weight once extra weight has been lost. If you want to achieve this, you have to be disciplined when eating and you have to exercise on a regular basis. Those that really want to lower their body weight, even though this is extremely difficult, must change their lifestyle. But do not worry: our bodies are changing all the time and so can our way of life. So why not take at least a bit more conscientious approach?

### What do you need to pay attention to when choosing food?

Nutrition must be adapted to an individual's lifestyle, sex and age.

The number of calories needed depends on an individual and his physical activity:

- Most women with sedentary work, elderly people and physically less active men and women need an average of 1.600 calories per day
- Most children, girls in puberty, active women and men with mainly sedentary work need an average of 2.200 calories per day
- Boys in puberty, many physically active men and very physically active women need an average of 2.800 calories per day

The basic rules of healthy nutrition for losing weight are:

- Establish control over the eating process and physical activity, monitor your results and change your approach towards food and physical activity
- Eat at least 500 g of vegetables, fruit and berries per day
- Eat whole-grain bread, pasta, rice and potatoes
- Monitor your consumption of fats (no more than 30% of daily energy intake)
- Replace saturated fats with unsaturated oils and margarines
- Replace meat products with beans, lentil, fish and low-fat meat
- Consume low-fat milk and dairy products
- Eat food with low levels of sugar and rarely consume refined sugar, soft drinks, cakes and candies
- Limit alcohol consumption
- Eat regularly and have several small meals a day



AN EMPTY FRIDGE CAN BE YOUR BEST FRIEND

- Drink enough water
- Regularly take part in physical activities
- Monitor your results
- Keep a diary of the food you eat and your daily activities
- Regularly weigh yourself

### Salt in food

#### Why is it good to eat less salty food?

Many Slovenians have difficulty with their blood pressure and the problems tend to increase with age. This is directly linked to excessive consumption of salt. On average people consume up to 10 g of common salt per day, but our bodies only need 0.25 g of it. Therefore we should use only 4 to 6 g of common salt daily, which is approximately one teaspoon, when preparing properly balanced meals.

#### TIPS

- When preparing meals you can gradually reduce the amount of salt.
- Use spices and herbs to enrich the flavor of food.
- Salt pasta when it is almost cooked: this keeps the salt on the outside layer of pasta, which will still be equally tasty.
- If a meal consists of sauerkraut, sour turnips, ham, smoked ham and similar products, use the minimum amount of salt.
- Before adding salt to a specific dish, taste it first.
- Choose products that do not contain added salt and low-salt bread and bakery products.
- Avoid cured meat products.



### Think about it:

Do you eat very salty food?  
Do you eat a lot of canned food?  
Do you like fatty food?  
Do you use animal fat when cooking?  
Do you weigh more than you weighed at 25 years of age and/or 5 years ago?

If you answered »yes« to even one question, it would be good to think about it and decide to make a change!

### Precious water

Water is the most important component of the human body. It represents 60% of the body weight of an adult man and 50% of the body weight of an adult woman. It has numerous physiological functions. All biochemical processes connected with metabolism occur in water.

Drink sufficient amounts of water – at least 8 glasses per day



Every day 2000 to 3000 ml of fluid are lost through respiration, urination and perspiration. All of this fluid must be replaced. The usual guidelines are to drink six to eight 250 ml glasses of water per day. If you exercise, you will probably drink more to replace the water you lost because of perspiration. People receive approximately 300 ml of liquid daily by digesting food. The remainder of fluid

must be obtained from drinking water, soups, tea and other drinks. If the body does not receive enough water, the following signs appear:

- Accumulation of fatty tissue (cellulite)
- Pain in muscle tissues
- Headaches
- The immune system weakens

**Drink before you get thirsty!** When you are thirsty your body is already dehydrated. That is already a warning sign. Children and elderly people do not feel thirst soon enough. Therefore make sure that they do not become dehydrated. The most appropriate replacement for the lost fluid is water.

### Is it better to drink tap water or bottled water?

Tap water is generally clean and filtered. It contains chlorine, which is not harmful in small amounts. If water stands still in the water supply system for too long it takes on a specific smell that deters us from drinking it. Bottled water is very popular today. This kind of water is spring water or natural mineral water. If you drink bottled water, read the information on the label:

- The brand and the name of the spring
- The level of mineralization (total dissolved solids or TDS) – very mild mineralization: TDS from 10 to 50 mg/l, mild: TDS from 50 to 250 mg/l, medium: TDS from 250 to 800 mg/l, rich: TDS from 800 to 1,500 mg/l and very high mineralization: TDS above 1,500 mg/l
- pH level: water is neutral between 6.7

and 7.3; below this level the water is acid and above it is base

- The name and address of the company using the spring, nutrition recommendations and information on special effects on health
- Date of expiry

Water should be always available because it does not contain calories and make us fat. In addition it contains significant bio-regulators, mineral substances and trace elements that can replace the minerals lost.

### Glycemic index of foods

**The glycemic index of foods is a measure of the speed with which the concentration of glucose in the blood rises.**

The glycemic index classifies foods on a scale from 0 to 100. The higher the glycemic index, the faster the blood glucose level rises and consequently the level of insulin as well.

Regarding their glycemic index, foods are divided into:

- **Low glycemic index (< 40):** green vegetables, yogurts, soy, plums, cherries, milk, barley, etc.
- **Medium glycemic index (40–60):** fruit juices without added sugar, boiled potatoes, whole-wheat bread, bananas, cooked beans, grapes, etc.
- **High glycemic index (> 60):** white bread, corn flakes, donuts, honey, carrots, beer, etc.



Low glycemic index foods are better for one's health. However, low glycemic index foods may contain a lot of fats. Therefore nutrition should be balanced and include various foods.

### Food additives

A food additive is any substance that is usually not used or consumed as a form of food and is not a characteristic component of food.

It is added to food out for technological or sensory reasons during the process of production, packaging, transport and preservation. The additives have direct or indirect effects on food. There are marked with an E-number, which tells us that an additive is present. Unfortunately it does not tell us the amount of a specific additive. Therefore it is recommended that you choose foods that contain as few E-numbers as possible.



## TIP

We often hear different warnings about the hazards of foods that contain specific additives. They can damage our health in various ways: they can cause gastrointestinal problems, skin allergies, mucous membrane inflammation and nerve irritation. The use of artificial colors is the most controversial. Animal tests have shown that some of these colorings are carcinogenic. It is true that prescribed medicines have a desired effect if you take them in precisely defined concentrations at a specific time and the same moderate approach must be followed when buying foods. The quantity of food and frequency of consumption are of key importance. To assess the risks and hazards, consider the concentration of additives in foods, the amount of food eaten and most of all the toxicity.



My health and the  
health of my planet

# My health and the health of my planet

Environmental protection is gradually becoming an all-encompassing commitment that is increasingly a part of our daily lives. The goal of physical activity is to gain health and pleasure, so maybe this is the reason we have to be aware of our influence on the environment and our responsibilities.

*»Sustainable development seeks to meets the needs of the present without compromising the ability of future generations to meet their own needs«  
(Brundtland, 1987).*

Nature preservation can only be effective if we all participate. Therefore, when you take part in a sports activity, you have to protect the environment, limit the harmful and unnecessary effects of your activity and promote sports activities that preserve your body and contribute to the process of sustainable development.

The common goals of the state, society and athletes are definitely the following:

- Attaining basic standards of clean air that make sure that breathing is not dangerous to our health
- Attaining basic standards of clean water that make sure that the water is drinkable or suitable for swimming, fishing and other water sports
- Attaining basic food standards that ensure organic production and give everybody access to healthy food
- Ensuring suitable green areas and other sports areas open to the public, especially in the urban environment



Sports and the environment are closely linked. Taking part in a sports activity can have many positive or at least neutral effects on the environment. At the same time it can pollute it, spread a bad smell and fill it with waste. The reasons why sports activities have negative effects on the environment lay in the deeply rooted social patterns according to which nature is a sports stadium which is after the devastation cleaned by others. These patterns appeared because of high technology, high personal income, increased mobility of people and general consumer culture.

Principles and strategies of sustainable sports development:	
Principle	Strategy
Waste management	We should develop closed loops when using resources. We should lower the production of waste, use one product for several times, recycle and reuse.
Green transport	We should reduce the need to travel and implement environment friendly transport policy.
Local and healthy food	We should offer the participants of sports events healthier food produced in the local environment.
Water management	Drinking water should not be used for watering green plots and washing sports or other surfaces. We should avoid distribution of bottled water or juice because packaging material represents a great danger for the environment.
Natural habitat	We should respect the natural habitat and avoid forceful interventions in flora and fauna.
Cultural heritage	We have to respect the cultural context. Sports should contribute to the local heritage.
Equality and fair-trade	We should stress the importance of community membership and we should offer affordable sports programmes intended for various groups of people.
Health and joy	We should promote healthy lifestyle and positive world view.



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The reasons for negative effects of sports on the environment which can lead to the exploitation of nature are the following:

- Increasing number of people doing sports
- Various motives for playing sports
- Strict separation of individual sports and disciplines and development of different sports equipment
- Regular use of preserved or deserted natural environments for sports
- Organisation of adapted form of one sport in all seasons
- Insufficient consideration of the local identity of sports societies

- The growing number of unorganised sports events without a good previous preparation
- The growing number of offers of commercial sports services with aggressive advertising

**If we want to play sports in a nature friendly way** it is necessary to develop and maintain sports activities which are in line with natural environment, to build energy-saving sports infrastructure, to lower the damage caused in a sensitive natural environment, to ensure and improve the possibility of sports activities outside a sensitive natural environment,

to preserve the valuable recreational possibilities in the countryside, to enable people living in cities to attend sports activities in their surrounding area and to promote the use of bicycles as everyday means of transport. We have to offer special benefits for public transport users who want to take part in sports activities and offer renting or storing services for sports equipment on the spot. Athletes, coaches and organisers have to raise environmental awareness among them-self and among sport club members and event participants.

### The green codex

As athletes we can help preserving the environment by protecting natural and cultural environment and protecting sports facilities and equipment. We can avoid excessive use of water and other natural energy resources. Let's offer our used equipment to others and avoid the pollution of the environment with waste, noise or in any other way. We have to be careful when entering sensitive ecosystems, also by choosing environment friendly means of transport and promoting a positive approach towards nature.

### As spectators we can help preserving the environment by:

- Not destroying sports facilities and equipment
- Standing at places for spectators
- Not polluting the environment with waste
- Respecting natural habitats and sensitive environment
- Using environment friendly means of transport

### Sports for all – fair play for all

Aristotle said that the medium is a virtue and that it is difficult to find it because we can always deviate in two directions. In sports it is equally important to stick to the medium since we know that deficiency as well as exaggeration can be dangerous. In comparison to a professional elite sports activity a recreational sports activity can be easily adapted to individual's characteristics since its rules are less strict and the needs are more individual. Here lies the ethical power of recreation as well.

### Fair play is shown by recreational athletes in many ways:

- Ability to discuss the adapted rules of the game
- Respect of all of the participants regardless their abilities and knowledge
- Reaching personal best results and not absolute results
- Maintaining playfulness and controlling competition
- Effective physical condition for recreational-competitive activity
- Admitting of personal weaknesses and adequate use of superior force
- Application of principles of fairness, justice and equality
- Care for personal health and health of others
- etc.



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## Sport, discrimination and integration

Sport is often linked with discrimination, mainly in the example of racist attacks in playgrounds or when women's position is being discussed. A careful observer can notice discrimination also on numerous other fields. Selection for example is a natural phenomenon which can appear in a society in many different ways. In an elite sport the most important is the comparison of motor skills and physical abilities and therefore it is righteous and fair to make selection on the basis of these criteria. However, this is not true for recreational sports activities. We can often see that a selection process is based also on economic and social criteria. Therefore sports societies should fight for preserving the programmes that everybody can afford. They should warn individuals about their mistakes and the faults in the society.

## Competitiveness can be a trap or a challenge also in »sports for all«

Sports experts believe that excessive competitiveness has negative consequences which can be summed up in eight items:

1. In a competitive society we tend to evaluate people regarding their achievements and not their personal characteristics. Where the victory is all that matters, the defeated are just the defeated.
  2. When winning is important, the society organises sports activities only for the talented athletes. This means that qualitative equipment and good
3. The importance of winning can make some parents to exercise pressure on their children. In this way the parent set the standards which their child must achieve when fighting to win.
  4. The coaches in a competitive environment can also set too high goals. A sharpened competitive atmosphere can lead to psychical and physical abuses such as playing with an analgesic block. Short-term goals are thus superior to long-term interests of an individual and his physical health.
  5. If the competitive pressure is hard to control, there is an even greater probability that the participants would use illegal substances and other illegal methods. Is the education on the field of sports really heading in the right direction?
  6. When the victory is all that matters, an aspiration to totally destroy the opponent occurs. A person thus wants to win with a huge gap and a humiliated opponent brings him the highest satisfaction.
  7. In a competitive society a lot of people cannot reconcile themselves with the second place. A person, who does not accept the second place, cannot tolerate the defeated even though they are right behind the winners.
  8. And nevertheless, when the victory is the only thing that matters we lose joy and pleasure of participation.

training methods are available only for few people. The rest of them receive very small attention. So how could they enjoy in the praised values and benefits of sports?

Regarding the possible negative consequences of competitiveness mentioned above we can decide to introduce the following guidelines in line with the sports for all principles:

- We do not award only those who reach the best results but we give each participant the same award
- We do not publish official results – each competitor can measure his own results, if he wishes so
- We clearly divide people in two groups; we separate those who want to compete
- We limit the time of arrival in the end and in this way we can stop the best athletes
- We organise family events or festivals

## The principles of competitiveness in a recreational sport

Competitiveness in recreational sport must be treated as a form of cooperation and not as disapproval. Cooperation is of the key importance, competition is merely variegation. The focus must be on a relaxed atmosphere and not on the results. We have to stress the quality of the competition and not the competitors' final results.



## Sports values

In the field of recreational sports various values can be promoted, such as:

- Cooperation and friendly competition
- Personal achievements and experiences
- Awareness of one's own body and psychophysical abilities
- Personal freedom, pleasure and joy during and after a sports activity

## Respect

Respect of the integrity of every individual and of the right to participate in sport is the basic moral value of the sports for all principle.

The integrity means that every human being has specific physical, motor and psychical abilities which form his needs and his character. Everyone has the right to participate in sports events if he wishes so and if he complies with possible conditions defined by an organiser who should not touch the participant's integrity. Therefore the organisers must take care that any form of discrimination is present at sports events.





### Fairness and justice

Fairness is one of the values which act as a glue in a relationship. In recreational sports fairness is even more fragile than in professional sports since a recreational athlete is often responsible only to himself because there are no judges who could make decisions. Justice is present in complying with the rules which make the game interesting for all participants and not just for the best ones.

Defining the dynamics of recreation means constant adaptation of frequency, suitability, good timing and intensity of an activity regarding the way or the content of the activity. In this case we can talk about fair play towards oneself. Let's have a look at some examples:

- **Frequency:** The hardest is the work we do and the less physical it is, the more often we should take part in a sports/physical activity.
- **Suitability:** If we spend the majority of time inside, it is suitable for us to play sports outside. If we stress only our upper part of the body at work (hands), it is suitable to stress other body parts and ensure the balance (corrective exercise).

- **Good timing:** When we are healthy we have to exercise and challenge the adaptable mechanisms, raise or maintain our capabilities. In this way we make a physiologic (energy) reserve – we become weak but we do not get sick, we become sick but we get better sooner.
- **Intensity:** If we want to maintain our abilities, we exercise with a smaller intensity than if we want to improve our abilities.
- **Content:** If we feel pain when playing basketball or soccer on a hard surface we should decide for running on forest paths, swimming et.



My diary of healthy  
exercise and nutrition



# My diary of healthy exercise and nutrition

The purpose of this diary is to help us regularly monitor our healthy nutrition and sports activity. If you have adequate nutrition and if you regularly exercise in line with your ability, you can expect to feel better, to have more self-esteem and to lower the number of risk factors.



CATCH THOSE WHO  
ARE ACTIVE



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## Movement – a road to health

An adult should be physically active at least 20–30 minutes per day and children and adolescents at least one hour per day. If we adequately increase the duration and intensity of an exercise, we can gradually achieve better results and strengthen our health. The exercise should be at least moderately intensive which means that we are slightly short of breath, our heart beats faster, we feel warm and if it is hot and moist we also sweat. Exercising can bring us pleasure and it is a nice experience also when we get older. Therefore it is good if you take part in an organised activity where the experts can prepare a suitable exercise plan for you. Exercising can improve your balance, strength, coordination, flexibility and endurance. Improved flexibility,

balance and muscle tonus can prevent falls which are the major cause of injuries with elderly people. Movement and sport also improve mental health. It has been established that there is a smaller occurrence of mental diseases among people who are regularly physically active. An active way of life enables you to develop new friendships, to maintain your social network and to meet people of all ages. It eliminates loneliness and the feeling of social exclusion. Exercising and sport improve our self-esteem and the quality of life. Choose an activity and/or a sport which brings you the biggest pleasure: walking, swimming, stretching, dancing, gardening, hiking, cycling etc.

**Important rules of a healthy exercise:**

- If you have medical problems which could affect your ability to exercise or play sport, you first have to consult your personal physician.
- Men over 40 and women over 50, who were so far not physically active and want to start with an intensive exercise, must first consult their personal physician.
- Choose adequate clothing and shoes regarding the activity and the weather conditions.
- It is important to wear light clothes which do not irritate the skin. Shoes must be comfortable and safe for the ankles.
- Before the main part of the exercise you have to warm up and after it you have to cool down. If you are exercising in a group, the programme always includes these kinds of exercises.
- Before the exercise longer than 30 minutes, between the exercise and after it you have to replace the lost fluids – you should not drink aerated drinks, alcohol and caffeine.
- Do not exercise 2 hours after a bigger meal or when you have high temperature or when you are sick.
- Stop exercising if you feel pain in the joints, chest, lower jaw or left hand or if you have vertigo.

When you exercise alone without an expert's support, you have to follow the basic principles of exercising:

**THE MAIN PART OF THE EXERCISE****should include:**

An aerobic part – racewalking, cycling, swimming or a group exercise in a Sport club, strenght, balance and coordination exercises.

**Warming up** is intended to prepare the body for the effort, for increasing the elasticity of muscles, for preparing the joints for greater stress and for accelerating the blood flow and breathing pace.

**Cooling down**

The purpose of the cooling down is to:

- Decrease muscle tension after the exercise
- Lower heart rate and breathing pace
- Prevent muscle pain

# MY DIARY OF HEALTHY EXERCISE AND NUTRITION <sup>1st</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 2<sup>nd</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 3<sup>rd</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



MY DIARY OF HEALTHY EXERCISE AND NUTRITION **4<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **5<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 6<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 7<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 8<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 9<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

## 10<sup>th</sup> week

Congratulations! You have made it through the first TEN weeks of your exercise programme. Now it is time to look back and assess your exercising and progress. Answer the following questions:

How was I implementing my exercise programme during the past weeks?

Which goals have I reached?

What was good and what was bad about my programme?

What can I change or what do I want to change to make the programme more effective or to feel better and have more fun during the exercise?





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **11<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



MY DIARY OF HEALTHY EXERCISE AND NUTRITION **12<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



MY DIARY OF HEALTHY EXERCISE AND NUTRITION **13<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **14<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **15<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **16<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **17<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **18<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION 19<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION 20<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



# 20<sup>th</sup> week

Congratulations! You have made it through the second TEN weeks of your exercise programme. Now it is time to look back and assess your exercising and progress. Answer the following questions:

How was I implementing my exercise programme during the past weeks?

Which goals have I reached?

What was good and what was bad about my programme?

What can I change or what do I want to change to make the programme more effective or to feel better and have more fun during the exercise?

## MY DIARY OF HEALTHY EXERCISE AND NUTRITION 21<sup>st</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **22<sup>nd</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **23<sup>rd</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **24<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **25<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **26<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **27<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



# MY DIARY OF HEALTHY EXERCISE AND NUTRITION 28<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

# MY DIARY OF HEALTHY EXERCISE AND NUTRITION 29<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

30<sup>th</sup> week

Congratulations! You have made it through the third TEN weeks of your exercise programme. Now it is time to look back and assess your exercising and progress. Answer the following questions:

How was I implementing my exercise programme during the past weeks?

Which goals have I reached?

What was good and what was bad about my programme?

What can I change or what do I want to change to make the programme more effective or to feel better and have more fun during the exercise?



MY DIARY OF HEALTHY EXERCISE AND NUTRITION **31<sup>st</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **32<sup>nd</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION 33<sup>rd</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



MY DIARY OF HEALTHY EXERCISE AND NUTRITION 34<sup>th</sup> week

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **35<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **36<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



MY DIARY OF HEALTHY EXERCISE AND NUTRITION **37<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **38<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						





MY DIARY OF HEALTHY EXERCISE AND NUTRITION **39<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						

MY DIARY OF HEALTHY EXERCISE AND NUTRITION **40<sup>th</sup> week**

WEEK	TYPE OF AN EXERCISE	DURATION OF THE EXERCISE (time or distance)	DETAILS on the exercise (specific characteristics, warming up, intensity etc.)	EVALUATION OF THE EXERCISE (personal opinion)	MY FEELINGS BEFORE, DURING AND AFTER THE EXERCISE	MY NUTRITION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATHURDAY						
SUNDAY						



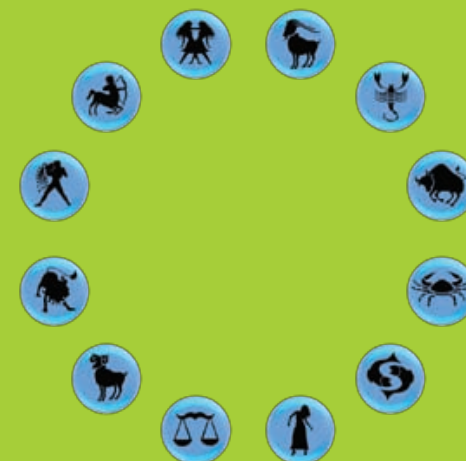
# 40<sup>th</sup> week

Congratulations! You have successfully finished your one year programme. Now it is time to look back and assess your exercising and progress. Answer the following questions:

Which goals have I reached?

What was good and what was bad about my programme?

What can I change or what do I want to change to make the programme more effective or to feel better and have more fun during the exercise?



Sports horoscope



**ARIES:** March 21 – April 20

The coming year will be most of all a test of your patience and ability to continue with regular sports activities regardless difficult circumstances. Many of you will turn a new page in your sports life and walk down the new road where you will find great strength but also a not so pleasant minor injury, if you are not careful enough during the warming up. Do not be afraid of risks and challenges. Stay focused and make sure that you keep a good physical condition. Several times a year you will discover that you need a partner who can follow you also in the field of sports.



**GEMINI:** May 22 – June 21

Even though you are not used to complain, this is something you will not be able to avoid this year. You and your life situations expect and request a lot from you. Be active! If you want a new challenge, quickly start taking measures. The key to success is your self-esteem and the decision to start cycling. There will be plenty opportunities and you should follow all the rules of safe exercising: the warming up, endurance, strength and flexibility exercises. And nevertheless: do not change your mind during the exercise!



**TAURUS:** April 21 – May 21

The year ahead you is the year of important steps which will demand great sacrifice but at the same time you will have a chance to substantially and rapidly develop your physical condition. Going through changes you will build a new, more self-confident self-image. You will become more mature and responsible. The goal you used to find beyond reach will become realisable, if you organise your free time and choose an adequate activity. And there will be plenty of them. We suggest you to choose running and swimming. You definitely have an opportunity to become the best in everything you do.



**CANCER:** June 22 – July 22

You will take your life in your own hands. You will start taking part in sports activities and you will pay special attention to healthy nutrition. Order and concentration will give you the feeling of safety which you will want to experience in all fields. You can count on plenty of support when making decisions. The most important is that you learn to stand self-confidently on your feet and to invite your friends to join you for sports activity. Find a Sport club in your vicinity and choose a programme that suits you best. Do not forget to drink water!





**LEO: July 23 – August 23**

You will feel that everything depends on you alone and therefore you will follow only your own rules and principles during the majority of the year. You are right – choose a programme and a schedule that suits you. Confirmation does not bring the desired results very often. Your intuition will warn you not to trust people who do not have good attempts and the best thing you can do is to rely only on your abilities. We recommend you to go skiing and ski-running more often and spend more time in nature. Pay attention to the amount of fats in foods: this has been causing you troubles for several years now.



**VIRGO: August 24 – September 22**

An amazing year is ahead and it depends only on you how you will spend it. During the entire year you will have many opportunities to make your life better. You will be motivated to take part in a sports activity and others will support your diet and help you improve your eating habits. You will zealously start putting things where they belong and at the end of the year you will be able to congratulate yourself.



**LIBRA: September 23 – October 23**

Even though you are used to see that life runs smoothly and that you can move a mountain with your good-will alone, this will now become an exception rather than a rule. Nothing will be given to you for free; you will always have to make an effort to achieve something. While the feeling that everything you gained is a result of your hard work will be unique and exceptional. We recommend you to start with racewalking and jogging this year. Adapt the programme to your current physical ability. Award yourself and buy a new pair of running shoes in which you can run safely. Maybe this will be the right moment to participate in any kind of recreational competition.



**SCORPIO: October 24 – November 22**

A truly ideal year is ahead in which you can reach extraordinary success and development. You are stubborn enough to continue with the activity only this time you will be ready to learn and change yourself so that you can make a progress. Choose your Sport club in the vicinity and find a coach or a trainer who can tell you which exercises are the best for you. Trust him. This will make you proud of yourself and your motivation to do a sports activity will be much higher. Avoid eating sugar and watching TV a lot. This is still your weak point.



**SAGITTARIUS:**

**November: 23 – December 21**

This year will teach you what it means to have plenty of work and not enough free time for sports activities. You will have many small as well as important obligations and you will surprise yourself and the people around you with your eagerness to comply with them. However, you should not forget that good physical condition is important also for successful implementation of your professional work. You do not have to doubt in your success. However, it is necessary to point out that you must not forget all of the things that make your life pleasant and unique. Take time for yourself during the weekends and invite your friends and go to the mountains. Replace a cooked dinner with a seasonal salad and your car with a bicycle.



**CAPRICORN:**

**December: 22 – January 20**

There is a happy, rich and active period ahead of you. If you join the aerobics class in a Sport club in your town you will improve your effectiveness and concentration even more. You are on a way towards a huge success of your life. Surely this will be the year worth remembering! Let »Diary of my health« help you regularly implement your exercise programme (which should include aerobics or other forms of group exercise). Prepare your weekly menus and follow them. You can occasionally break your rules, turn off your mobile phone and enjoy life.



**AQUARIUS: January 21 – February**

You will live according to your own rules which will move you away from the reality and you will use some imagination while thinking things over. You can spend some time like that but definitely not the entire year. When you eagerly follow your rules you tend to forget about regular physical activity. Now is time that you start participating in a group exercise because this is the only way you can control your life schedule. Despite the fact that you are a solitary person and you spend a lot of time on your own, this kind of company will bring you a new challenge and later on you will discover that this was a good introduction to the changes waiting for you. Do not be in a hurry and have a cup of green tea every day.



**PISCES: February 19 – March 20**

First you will be terrified of the seriousness and responsibility which you are expected to show in front of the people around you. Then you will surprise everyone with a decision to train yourself and after one year you will manage to run a half marathon (21 kilometres). Congratulations! You have made a good decision! We recommend you to follow the rules of a safe and effective exercise which are described in this manual. This will give you a good basis for a successful training. Do not forget that it is more pleasant to exercise, if you have company. Invite your friends or your partner to join you. When doing a demanding physical activity you should also pay attention to healthy nutrition and regularly consume a lot of fresh vegetables, fruits and drink sufficient amounts of water.



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# Diary of my health

