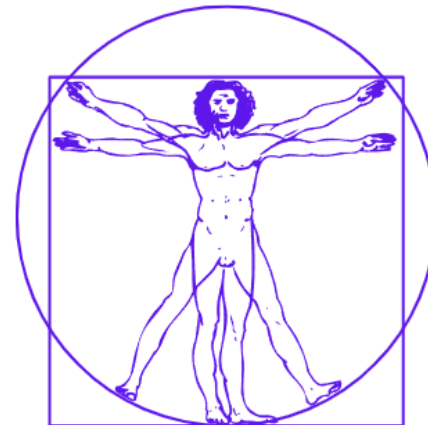




Remote
Health

Course Materials

Basics of healthy movement programmes



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How much should I drink when exercising?

Basics (1,2)

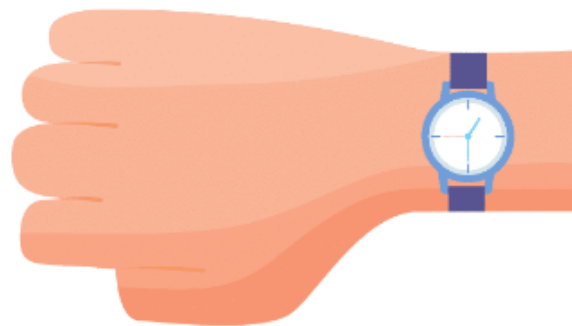
Impact on health



Movement programmes:

In conscious and structured movement programmes with the aim of physical fitness, health care plays an important role.

Where daily work leaves little room for physical exercise, structured movement programmes are particularly necessary.



Positive effects on your health:

- Reduce stress
- Reduce the risk of high blood pressure
- Promote mental well-being
- Build bone mass and prevent bone loss (osteoporosis)
- Reduce the risk of fractures
- Reduce the risk of falls
- Reduce the risk of obesity



Positive effects on health:

- Reduce the risk of type 2 diabetes
- Reduce mortality in patients with breast cancer
- Lower the risk of coronary heart disease
- Promote brain development and mental abilities
 - Slow the development of neurodegenerative diseases
 - Brighten the mood and reduce depressive symptoms
 - Slow down the age-related decline in motor skills



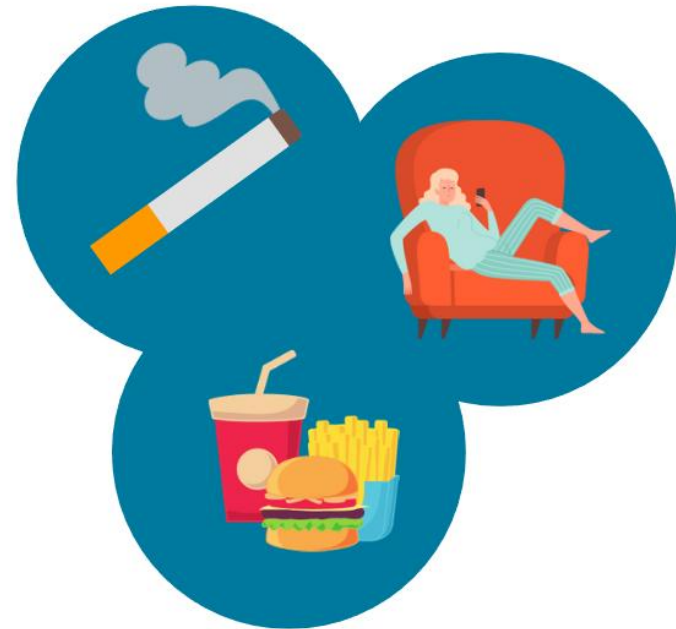
Big Three:

The so-called *Big Three* are factors that trigger civilization diseases. These are:

Unhealthy diet

Smoking

Lack of exercise



Consequences of lack of exercise:

- Overweight
- Back pain
- Lack of concentration
- Learning disabilities
- High blood pressure
- Type 2 diabetes
- Coronary heart disease
- Weakened immune system, allergies, etc.



Consequences of lack of exercise:



- Weakened joints
- Herniated discs
- Weakened heart muscles, heart attack
- Tension in the head and neck, headaches
- Loud bowel sounds, constipation, digestive problems
- Persistent feeling of sluggishness
- Bone loss
- Arthrosis

Movement recommendations (3)

For all ages



Children (5-17 years)

Recommendation per week:

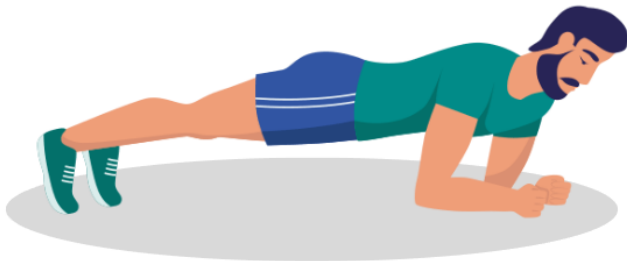
- Average of moderate to vigorous activity 60 minutes per day



Adults (18-64 years)

Recommendation per week:

- 150-300 minutes of moderate activity
 - Or at least 75-150 minutes of intense activity
 - Or an equivalent mix of both moderate and intense activity
- Additional health benefits come from full-body strength exercises on two or more days.



Seniors (65 years and older)

Recommendation per week:

- Like adults
- Additionally, for 3 or more days, varied movements focusing on functional balance and strength training at moderate or higher intensity should be done to improve functional capacity and prevent falls.



Movement promotion⁽⁴⁾

SMART formula and motivation



SMART formula

Formulate your goal using the SMART formula.

- S**pecific: concrete definition of the goal
- M**easurable: verifiable by criteria, e.g. quantities (run 5 kilometres)
- A**ccepted: the ambition must be there
- R**ealistic: formulation of realistic goals
- T**ime-bound: fixed point in time by which the goal should be achieved

Tips for more motivation:

- Find a sport that you enjoy
- Reward yourself
- Make fixed plans
- Share your plans and progress
- Train with others
- Listen to your favourite music while exercising
- Take before and after photos
- Talk positively to yourself



Tips for more motivation:

Every little bit of movement has a positive effect on your health.

You get and stay active, by starting slowly, not rushing things, and making constant, yet realistic progress.



Drinking recommendations (5)

How much should I drink when exercising?



How much should I drink when exercising?

Rule of thumb: *one millilitre of water per one kilocalorie (kcal) of energy burned*

Case study: I burn 500kcal while jogging, so I have to drink an extra half litre of water.



Or

Rule of thumb: *weight measurement with an empty bladder before and after exercise. Weight difference corresponds to fluid loss, which must be replenished in millilitres.*

Case study: I weigh 500 grams less after exercise than before, so I have to drink an extra half litre of water.

You should never start exercising when dehydrated. It is best to drink a lot the day before and drink half a litre of water 15 to 30 minutes before exercising.

During exercise, you should drink up to 250ml of water every 15 minutes.



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