



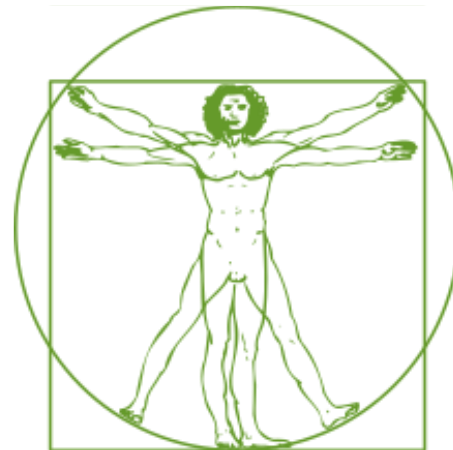
Remote  
Health



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Course Materials

# Basics of Healthy Movement Programmes





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## Basics <sup>(3)</sup>

Impact on health

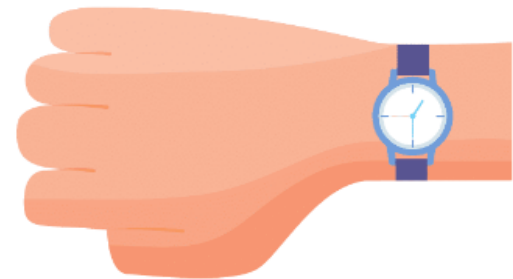




## Movement programmes

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

Where school 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 your health

- Reduce the risk of type 2 diabetes (high blood sugar)
- 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 (harm to nervous system)
- 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 (back pain)
- 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 (joint disease)



## Movement recommendations <sup>(3)</sup>

For your age group





## Children and teenagers (5-17 years)

Recommendation per week:

⇒ Average of moderate to vigorous activity 60 minutes per day





## Young adults (18-26 years)

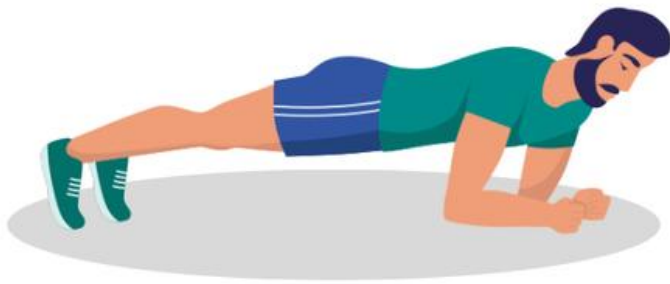
Recommendation per week:

⇒ 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





## Movement promotion <sup>(4)</sup>

SMART formula and motivation





## The 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.







## Fluid intake <sup>(4)</sup>

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

Example: 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.

Example: 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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JOY OF LEARNING

Author: Lana Schneider, student of Health Science, Technical University of Munich

Editorial & design: Sonja Sammer, Joy of Learning - Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

Design and content adaptation for H4Y: Sarah Smeyers, student at European School The Hague

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