



Remote
Health

Course materials

More good habits

Physical activity

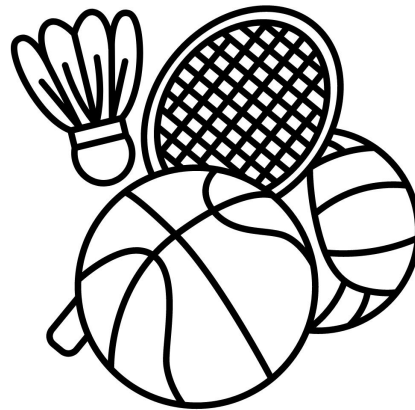


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Basics ⁽¹⁾

What does physical activity include



What is meant by physical activity

- Refers to any physical movement of a human being that he himself performs
- Includes all physical movements that result in energy consumption
- Examples include running, cycling, sports, any physical activity in leisure time and in everyday life



What physical activity does ^(1,2)

**Benefits of physical activity and risks
of insufficient exercise**



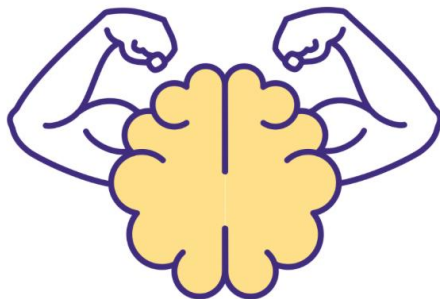
Benefits of physical activity

Regular physical activity helps maintain a healthy body weight and improve mental health, quality of life and well-being.



In addition, exercise strengthens our muscles and promotes bone health.

Physical activity also has a significant influence on the ability to concentrate as well as on the quality of sleep



Risks of insufficient exercise

Due to major changes in lifestyle within the last few years, in which media and social networks play an increasingly important role and game consoles, watching TV and reading are used as relaxation to the everyday stress, it is becoming increasingly difficult to be physically active enough.



Cars, online shopping and sitting at work, leisure time and school are also aggravating factors.

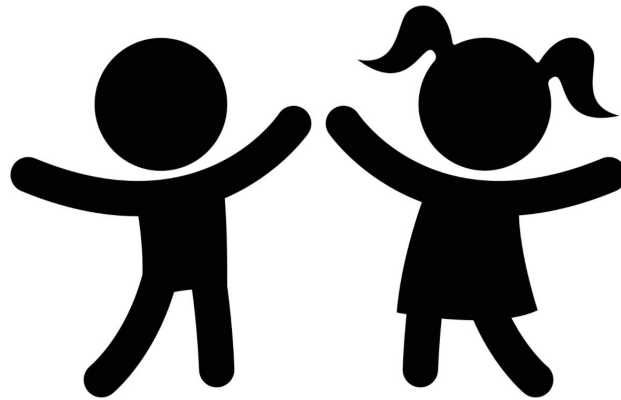
Risks associated with insufficient exercise



Physical inactivity is among the main risk factors for obesity, hypertension, coronary heart disease, diabetes, cancer and depression.

Physical activity recommendations^(1,3,4)

**Recommendations for children and
adolescents, adults and older adults**



Physical activity recommendations for children and adolescents

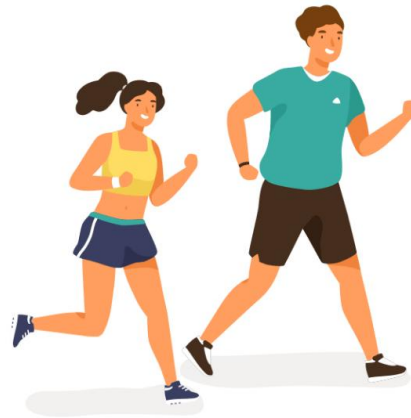
60 minutes per day of moderate to intense physical activity, intense endurance exercise and strengthening activity at least three times per week.



Exercise recommendations for adults

At least 150 to 300 minutes of moderate endurance exercise, such as fast walking or bicycling, or at least 75 to 150 minutes of intense physical exertion, such as jogging, swimming, or tennis, each week.

Strengthening exercises for all major muscle groups at least 2 days per week, for example by training with weights, yoga or exercises with your own body weight.



Physical activity recommendations for older adults

In addition, on at least three days, balance exercises and strength training to prevent falls, for example, walking backwards or standing on one leg



How to increase physical activity^(1,2,4)



States and communities can take action to provide more opportunities for everyone to be physically active to improve everyone's health. This can be done in many different ways.



chapter heading

Community level



Access to safe places to play and walk, such as parks, safe streets, trails, and greenways, is an important factor in physical activity. The development of sidewalks and bike paths, can go a long way toward increasing physical activity.

School and youth programs



School physical education programs use a few strategies to increase physical activity. These include physical education classes, active recess, classroom physical activity, and before and after school programs.

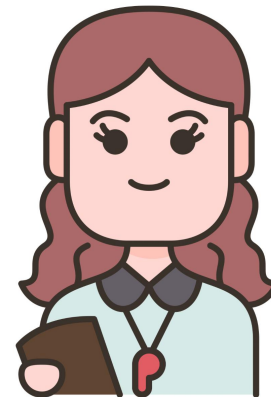
Social support

Social support can provide supportive social networks, friendships, and actions such as walking or other activity groups that can help people start, maintain, and increase physical activity.



Customized support

Customized health behavior change strategies help people incorporate physical activity into their daily lives by teaching behavioral skills such as goal setting and problem solving. This can be done through peer and professional support as well as virtual coaching.



Sources:

- (1) World Health Organization. (2022, Oktober 5) Physical activity
[Physical activity \(who.int\)](#)
- (2) Centers for Disease Control and Prevention. Lack of Physical Activity
[Lack of Physical Activity \(cdc.gov\)](#)
- (3) Therrien A. (2018, September 5) Lack of exercise puts one in four people at risk, WHO says
[Lack of exercise puts one in four people at risk, WHO says - BBC News](#)
- (4) National Center for Chronic Disease Prevention and Health Promotion. (2022, Juni 2) How much physical activity do adults need?
[How much physical activity do adults need? | Physical Activity | CDC](#)

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Author & Design: Lilli Elias, student of Health Science at TUM Munich

Translation: Lilli Elias, student of health science at TUM Munich



Editorial: Lulu Jiang, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.



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