



Module 5: Benefits of Exercise

Now you've looked at the myths lets look at the benefits and what we need stay focused on.

First pick exercise that you enjoy, if you look forward to doing it, its not going to difficult to make exercise an integrative part of your lifestyle.

If you don't know what you really enjoy go have fun finding out!

Ask simple questions like do I want to be in a group? In a class? On my own?

Do I want to do it at home with videos? In a public gym? Private trainer?

The more things you have a go at, the more chance you give yourself of finding something you love!

Exercise is beneficially not just physically but mentally too. It helps you realise ***you are MORE capable than you think you are***, it presents challenges that you get to navigate, and it ***helps your mental resilience***.

Physically and emotionally, it is a great way to ***positively release energy and emotions and let go of stored tension***.

The main goal of lifelong exercise is to keep bones and muscles strong, and your heart, lungs and lymph working efficiently.

On a practical level you want to be able to run to get out of danger or to help someone else get out of danger. Play with your kids and grandkids. Catch the train or bus before it pulls away!

Get out of an armchair without having to hold on to the arms, if a friend or partner falls you want to be able to help them up. If a child is hurt could you easily carry them to safety without doing yourself an injury? You want to be able to move your own furniture around and lift heavy groceries out of the car.

The above are the practical goals or benefits of exercise. You also want to keep in mind that you FEEL great afterwards. There is a boost to your mood and a release of feel good endorphins that lasts once you are done.

The key is to tune into your body and avoid doing the same things every day. One day you may want to stretch, the next lift weights, the next go for bike ride or a hike, the next a dance class. Mix it up and ENJOY the feeling of being fully alive!



MOVE MORE CHECK LIST

You are now understanding that the Foundation of Fitness for life are about creating habits and patterns of living that are easy to implement and maintain over time.

Moving more is NOT hard, use this list to pick out the ones that you will start to do straight away, then pick the ones you think you'll be able to add in over time.

ACTIVITY	IMMEDIATE	OVER TIME
Walking		
Picking up children		
Manual cleaning		
Gardening		
Hiking		
Cycling to work / friends		
Stretching		
Skipping along the road		
Playing games		
Going up and down stairs		
Alternating between Standing and sitting often		
Having fun in the sea		
Stretching		

Try as many as you can and find the ones that are the easiest to be consistent with. This will likely change over time and that's fine. Remember humans are NOT designed to be static or seated for hours on end.

Vicky xx