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તમારી સ્વાસ્થ્ય

Your Health

Activities to keep fit



Why is it important to keep fit?

Small changes to your lifestyle and physical activity can make a big difference to your health and well-being. Increasing the exercise you do will reduce the risks of long-term conditions like diabetes, heart disease and joint pain. As well as physical health, regular exercise also improves your mental health, your body's defence against bugs and your energy levels.

Think of your NEAT!

What is NEAT?

This stands for Non-Exercise Activity Thermogenesis. What does that mean?

This is your non-sport-like activity that involves movement, for example, step count, household chores and shopping. This counts towards 15% of your daily energy expenditure.

1. Step count – increasing this can lead to a significant change to health and body composition but also mind, as it serves as a tool to manage stress, allowing you to declutter and unwind.

2. 10 minutes worth of steps is roughly equal to 1000 steps, so even if it means walking around your dining room table for 10 minutes, you are contributing to an increase in your NEAT.

How much exercise should I do?

30 minutes of moderate-intensity exercise is recommended each day. Moderate exercise is when you build up a sweat and your heart rate increases. As well as this, it is important to do balance and muscle-building exercises. Different exercises suit different people, and it is important to find the exercises that suit you the best. Here are some examples of different types of activities to consider:

Walking

Walking is great exercise. It is an exercise that can easily be incorporated with your normal daily activities, for example, instead of driving to work, maybe walk to a bus stop 20 minutes away every morning and back after work.

If you don't work, it is easy to find a nice park nearby for a walk with friends. Try setting yourself step goals for the week and increase them over time, you will soon see your fitness improving. Walking doesn't just provide exercise but allows you to get some fresh air and clear your mind when you are stressed.

Swimming

Swimming is the perfect exercise for people with joint pain in their legs. It is one of the few exercises which have a low impact on your knees. There are many public swimming pools that offer classes for those who can't swim and women/men-only swimming sessions. Like walking, it is a good opportunity for you to clear your mind.

Garba/Zumba

If walking and swimming are too boring for you, dancing is a great and fun way of exercising. You can do this by yourself or with some friends. There are loads of YouTube Garba/Zumba exercise workouts which you can do. All you need is a laptop/phone and some space to dance. Find the dance which is right for you and follow the instructor.

Yoga

As all of us get older, we all start to lose our balance. Doing yoga regularly not only improves your balance but reduces the chances of having a serious injury later in life. Doing regular yoga helps develop your muscles and joints. Yoga also helps calm the mind in times of stress and releases any tension.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

तमारी तबियत
Your Health



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Tamari Tabiyat - Your Health