

# The Health Letter

## *Exercise Right Week*

Exercise Right Week has been an awareness-raising initiative since 2014. Every year there is a new theme, but the aim is always to promote the benefits of exercise and how it can increase health and wellbeing. This year, the theme is 'Exercise for the Right Reasons'.

Personally, I love this theme! I used to exercise because I 'had to', and I was only training to get physical results. Exercising was a 'must do', definitely not an 'I want to'. I'm not sure exactly what made the switch for me. My dad suffers from chronic back pain and can barely do any exercise without experiencing extreme pain, forcing him to rest. Seeing how he struggles, not being able to do what he loves, skiing and spending time in nature, changed my mindset about training. I want to be 70 and pain-free. I want to be 80 and still running. I want to be 90 and still promote health and inspire others.

Nowadays, I exercise for my future self. Since I started doing that, exercise has grown into something I love and WANT to continue exploring. My reason for exercising has changed, and I now train because of the mental, physical, and social benefits. If I don't exercise, mentally I will struggle. Exercise helps me maintain a positive mindset. Physically, even if I don't see many changes, I enjoy increasing weights at the gym and getting stronger. The stronger I get, the longer I will be able to carry grocery bags when I age. That's my reason. There are social benefits too, through socialising in gym classes and going for walks with friends. Walking is a great way to catch up with people, and I am now someone who suggests a walk instead of dinner. It's free, it aids me mentally, socially, and physically – how great is that?!

**Bottom line? Find your 'why' and exercise will feel easier!**

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There are so many variations and types of exercise – it's easy to get overwhelmed and lost! What is most important is to find something that you enjoy doing. If you like running – RUN. If you prefer walking – WALK. If you like dancing – DANCE. Find what works for you, that is the key.

### Daily physical activity guidelines:



**5-17  
years**

- 60min medium or intense activity daily
- Minimum of three of activities strengthening muscle and bone



**18-64  
years**

- Try to be active every day
- 150min-300min of medium activity or 75min-150min of intense activity (or mix of both)
- Muscle strengthening activity twice each week



**65+**

- Try to be active every day
- Aim to get 30min of medium activity daily

#### Medium style activity

Brisk walking      Cleaning (vacuum, mopping)  
Light biking  
Dancing      Gardening

#### Intense style activity

Running      Fast biking      Hiking  
Shovelling      Strength training  
Fast walking      Sports games