

USE IT OR LOSE IT!

Your heart is a muscle that needs to be exercised to maintain its strength. Physical Activity makes your heart stronger which enhances the body's ability to deliver larger amounts of oxygen to your working muscles.



It is recommended for adults to accumulate 30 minutes of moderate intensity on most days of the week (4 to 5 days). For children 60 minutes daily is best. (Moderate intensity is activity that makes you breathe slightly deeper/faster than normal).



Everyone can Benefit from Physical Activity and from Exercise!

SOME BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE INCLUDE:

- Increasing heart and lung efficiency
- Helps fight depression
- Reduces risk of osteoporosis
- Reduces risk of some cancers
- Improves self confidence

Laois Sports Partnership was formed in 2002 to co-ordinate and promote the development of sport and physical activity, for everyone in the county.



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LAOIS SPORTS PARTNERSHIP
COMHAR SPÓIRT NA LAOISE

The Benefits of Physical Activity and Exercise

We hear the message everywhere:

“Regular, Moderate, Physical Activity and Exercise is good for Body, Mind, and Spirit”



THE BENEFITS OF PHYSICAL ACTIVITY:

- Physical Activity can improve your fitness and muscular strength, which translates into an increase in energy and maintains healthy joints.
- It can reduce the risk of heart disease by **50%**.



- It can help to lower blood pressure and cholesterol levels and aid in weight control.
- It can boost your self-confidence and improve your mental well-being.



- You can get these benefits at any age and indeed exercise - or at least staying physically active - is increasingly important the older we get.

PROBLEMS ASSOCIATED WITH LACK OF PHYSICAL ACTIVITY:

- Increased body fat (leading to increased chances of ailments such as blood pressure, heart disease and diabetes)
- Decreased muscular strength and flexibility, loss of bone mass (causing osteoporosis), lower metabolism (the ability to convert food into energy) and slower reaction times.

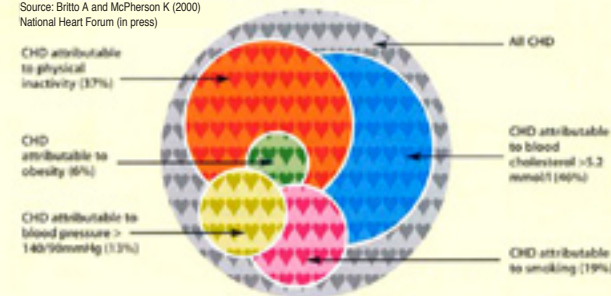


*The level of health risk resulting from inactivity is greater than the risk resulting from **SMOKING**.*

Risk factors for coronary heart disease

Death from CHD under 75: related risk factors

Source: Britto A and McPherson K (2000)
National Heart Forum (in press)



This diagram represents an estimation of how much each risk factor contributes to death rates from CHD. The overlapping areas represent those who had more than one risk factor.

MAKE IT FUN:

All physical activity provides benefits.



However, the benefits of physical activity are short-term i.e. they fade away if exercise is discontinued. Therefore some activity most days is important.

- If you find you can't do what you used to do, don't give up. You can always modify or turn to something more feasible.
- A way of staying motivated is to make your activity fun or get an exercise partner or buddy.
- If you perceive your workout as a chore, you more than likely will not stick with it.
- Choose a form of exercise that you enjoy.



People who Exercise are Healthier and have More Energy!