

HEALTH-ENHANCING PHYSICAL ACTIVITY - TIME FRAME OF BIOLOGICAL CHANGES

AEROBIC PHYSICAL ACTIVITY

- aerobic physical activity 2 h 30 min a week, in periods of at least 10 minutes
- moderate-intensity physical activity that causes some shortness of breath
- e.g. walking a moderate speed

- any kind of physical activity that maximizes daily energy consumption

starting from the first exercise session
carbohydrate and lipid metabolism ▲
resting blood pressure ▼
joint mobility ▼

2-4 weeks
muscular strength ▲

2 months
resting blood pressure ▼
resting heart rate ▼

3 months
cardiorespiratory fitness (VO₂ max) ▲

3-6 kk
good HDL cholesterol ▲

1 year
improvement in bone strength
overweight ▼

risk for cardiovascular diseases and diabetes ▼

- weight-bearing physical activities with high impact, including: swift changes of direction, multiple repetitions, muscle-strengthening exercises
- during 3-5 days a week
- e.g. strength training, aerobics, racket and ball games, brisk walking

- training to strengthen muscles
- 8-10 movements involving the large muscle groups, 8-12 repetitions of each movement so that the muscles become fatigued
- 2 times per week

- stretching the large muscle groups and joints for 15-60 seconds
- at least 2 times per week, more often as aging

MUSCLE-STRENGTHENING AND BALANCE TRAINING