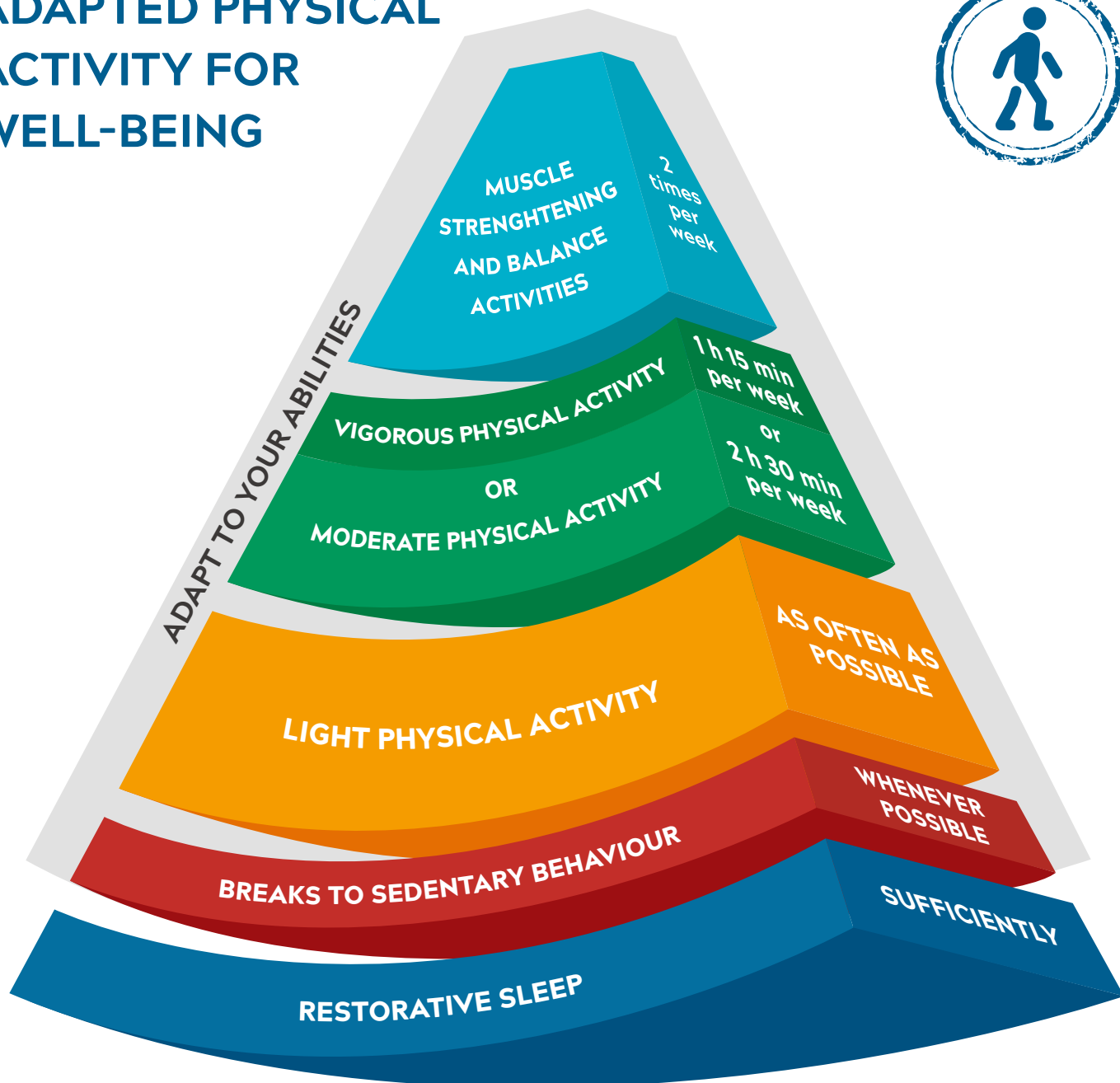


ADAPTED PHYSICAL ACTIVITY FOR WELL-BEING



Weekly physical activity recommendation for adults with functional limitations



BALANCE PHYSICAL ACTIVITY WITH REST



Restorative sleep

Adequate sleep is important. During sleep, the body recovers from the daily stress. Listen to your body, take a nap and rest when you feel the need to.



Breaks to sedentary behaviour

Movement activates your muscles and reduces stiffness and stress on your body. It also improves your well-being and helps maintain your functional ability.



Light physical activity

As often as possible

All movement counts: household chores, grocery shopping and other daily activities.

Functional ability is shaped individually by physical, mental and social factors. Healthcare and sports professionals can help to find the right form of physical activity or exercise and assistive device for you.



ADAPTED PHYSICAL ACTIVITY FOR WELL-BEING AND FUNCTIONAL ABILITY

Even short bouts of physical activity are beneficial



Moderate physical activity

OR

At least 2 h 30 min per week

Any activity that increases your heart rate counts.

> Physical activity is moderate if you are able to talk despite shortness of breath.



Vigorous physical activity

At least 1 h 15 min per week

You can achieve the same health benefits in a shorter time by increasing the intensity of your activity.

> Physical activity is vigorous if talking is difficult due to shortness of breath.



IN ADDITION
Muscle strengthening and balance activities

At least twice a week

Train your muscles and challenge your balance. Combine exercise with stretching. Choose an appropriate exercise, e.g. gym training, group exercise, yoga, water sports, dance, stair climbing.



PHYSICAL ACTIVITY CREATES COMPREHENSIVE WELL-BEING.

Your brain activates.
Your happiness increases.
Your stress reduces in the nature.
You relax and unwind.
Your mood is boosted.
You become a part of a group.

PHYSICAL ACTIVITY SUSTAINS YOUR FUNCTIONAL ABILITY IN EVERYDAY LIFE.

Regular physical activity prevents, treats and rehabilitates several illnesses,
improves physical fitness and makes daily tasks easier.



**Move daily or almost daily in versatile ways.
Adapt physical activity according
to your health and abilities.**

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Prepared in collaboration with public health and patient organisations.