

EXERCISE

IRREGULAR WORKING HOURS

Physical activity for health

Physical activity

- keeps your joints flexible
- improves your fitness and helps you handle physical effort at work and in daily life
- reduces the risk of cardiovascular diseases and type 2 diabetes.

There are also other reasons to be physically active, such as

- feeling alert and energetic
- better sleep
- less back and joint pain
- doing things with the others.

What is important to you in physical activity?



Make physical activity your own

- Do what works for you
- What, where, and when? Plan ahead, prepare for challenges and setbacks, and have a backup plan.
- Walking is something you can do almost anywhere, anytime. As your fitness improves, increase intensity with stairs, hills, walking poles, or bursts of jogging.

Improve cardiorespiratory fitness by working up a sweat

When you go for a walk or jog, try this:

Warm-up: light walk 5 min

Walk: brisk walk 30 min

Cool-down: light walk and stretching 5 min

Stretching promotes recovery

Stretch at least once during your workday and always after exercising.



Hamstrings



Calves



Front of thigh



Chest muscles

Photo: Sanna Roine

Strength for everyday life

Strong muscles help you with everyday activities like lifting heavy loads, repeated squatting and bending, and prolonged sitting.

Do 10 different exercises for large muscle groups twice a week. Repeat each exercise about 10 times or until your muscles feel tired. As your muscle strength improves, you can add light weights.

Examples of muscle strengthening exercises



Thigh muscles: Squat near a seat and return to standing position



Arms: Push-ups with knees on the ground



Abdominals: Rotate the torso alternately to the right and left



Back muscles: Lift the arm to the side, one at a time

All physical activity is good for you

Day of the week	Steps
Steps in total	=
Average number of steps per day	=

Aiming for more steps

1. Wear a step tracker for 3 typical days and write down your daily steps in the table.
2. Add up the numbers and divide the total by three – this gives you the average daily step number.
3. Set yourself a goal to increase daily number of steps.

My goal:

I will add _____ brisk steps to my average daily step number on ____ days per week.

A 15-minute walk adds up to about 2,000 steps, and a 30-minute walk to around 4,000 steps.

Benefits of physical activity don't last forever – it's better to be active consistently twice a week than to do a lot all at once. Start slowly and build up over time.

Physical Activity Recommendation for Adults

Strength and balance exercises
at least 2 times per week

IN ADDITION

Vigorous physical activity
at least 1h 15 min per week
OR

Moderate physical activity
at least 2 h 30 min per week
AND

Light physical activity
as often as possible

Breaks to sedentary behaviour
whenever possible

Restorative sleep
sufficiently

