

BASICS OF HEALTHY MOVEMENT



Structured movement programs improve physical fitness and reduce health risks, including stress, high blood pressure, osteoporosis, and obesity.



Lack of exercise is one of the Big Three factors (Unhealthy diet, Smoking, and Lack of exercise) that trigger civilization diseases, such as diabetes and coronary heart disease.



Movement recommendations for all ages: Children (60 minutes per day of moderate to vigorous activity), adults (150-300 minutes per week of moderate or intense activity), seniors (same as adults plus functional balance and strength training).



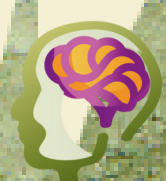
Use the SMART formula (specific, measurable, accepted, realistic, time-bound) to set achievable goals and stay motivated.



Drink water before, during, and after exercise to stay hydrated. Aim for one milliliter of water per one kilocalorie of energy burned or measure your weight difference before and after exercise to replenish lost fluids.



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