

INCREASE YOUR PHYSICAL ACTIVITY, BE HEALTHY!

Regular physical activity along with an adequate and balanced diet is very important to improve and protect your health.

Physical activity helps your body work properly, thus using nutrients in the best way.

Lack of physical activity and a sedentary lifestyle lead to weight gain and consecutively causing chronic diseases like coronary heart diseases, hypertension, and diabetes.



BENEFITS OF REGULAR PHYSICAL ACTIVITY

- It is enjoyable, increases the life span and quality of life.
- Improves mental health and gives you a more positive attitude towards life.
- With increased energy consumption, physical activity helps control body weight. Decreases body fat, increases fat free mass.
- Increases bone density (helps prevent osteoporosis).



BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Reduces the risk of coronary artery diseases.
- Induces growth and development factors for children, promoting growth and development.
- The ability to continue the daily activities for the elderly.



RECOMMENDATIONS

- If you lack the habit of regular physical activity you should consult your physician before starting exercising.
- Activity level should increase gradually and intensive exercising in a short period of time should be avoided.
- Do moderately intense exercises, 30-45 minutes a day, at least 3 days a week. Take advice from health professionals about it.
- All exercises should be done regularly.



FOR A HEALTHY LIFE, PHYSICAL ACTIVITY IS
AS IMPORTANT AS
NUTRITION AND SLEEPING.

REGULAR EXERCISE AND ADEQUATE-BALANCED
DIET ARE INDISPENSABLE ELEMENTS
FOR A HEALTHY LIFE.



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