

DO WE MOVE ENOUGH?

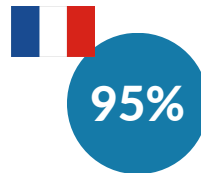
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Regular **physical activity** is essential for good health, regardless of age, weight or state of health. It helps maintain muscle mass, and contributes to **good physical and mental health**. On the contrary, insufficient physical activity and a sedentary behavior increase the risk of various pathologies such as cardiovascular diseases. In fact, a sedentary lifestyle is one of the main risk factors for mortality from non-communicable diseases.



**of the world's
adults are not
active enough**



**French adult population
exposed to a health risk due to
a lack of physical activity**



**average time spent
sedentary per day**

In this newsletter, we're taking a **closer look at physical activity and sedentary lifestyles** and their **effects on health**, along with **tips on how to be more active** (see "Tips guide: how to move more?" on the last page).

Definitions

- **Physical activity:**

The WHO (World Health Organization) defines physical activity as any **body movement** produced by muscles that **requires the consumption of energy**. This includes all the movements we make during the day to get around, do housework or run errands...



- **Sedentary lifestyle:**

Opposed to physical activity, it represents the time spent **sitting** or **lying** down (excluding sleep and meals) during which body movements are reduced to a minimum.



- **Sports activities :**

Physical exercises, individual or collective, that follow a set of **rules** and can be practised with or without a structure (tennis, swimming, dance, soccer...).



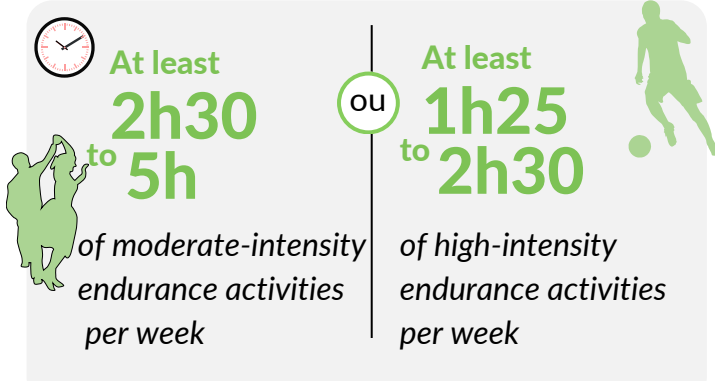
Recommendations

WHO recommends for adults aged 18 to 64:

At least **2h30** to **5h** of moderate-intensity endurance activities per week

or

At least **1h25** to **2h30** of high-intensity endurance activities per week




At least **2** times a week moderate- to high-intensity muscle-building activities



LIMIT sedentary time

REPLACE sedentary time with more physical activity of any kind



Physical activity can be classified as light, moderate or high intensity, depending on the effects it has on the body:

Low intensity

- Breathing almost normal, no shortness of breath
- No increase in heart rate
- No sweating

For example: walking, walking the dog, washing dishes, ironing, dusting, DIY, watering, moving small objects...



Moderate intensity

- Moderate shortness of breath: possible conversation
- Little sweating
- Significant acceleration of heart rate

For example: fast walking, dancing, gardening, housework, cycling, climbing stairs, swimming, playing tennis...



High intensity

- Marked shortness of breath: difficult conversation
- Profuse sweating
- Marked acceleration of heart rate

For example: running, climbing stairs quickly, moving heavy loads, fast swimming, cycling, competitive sports...

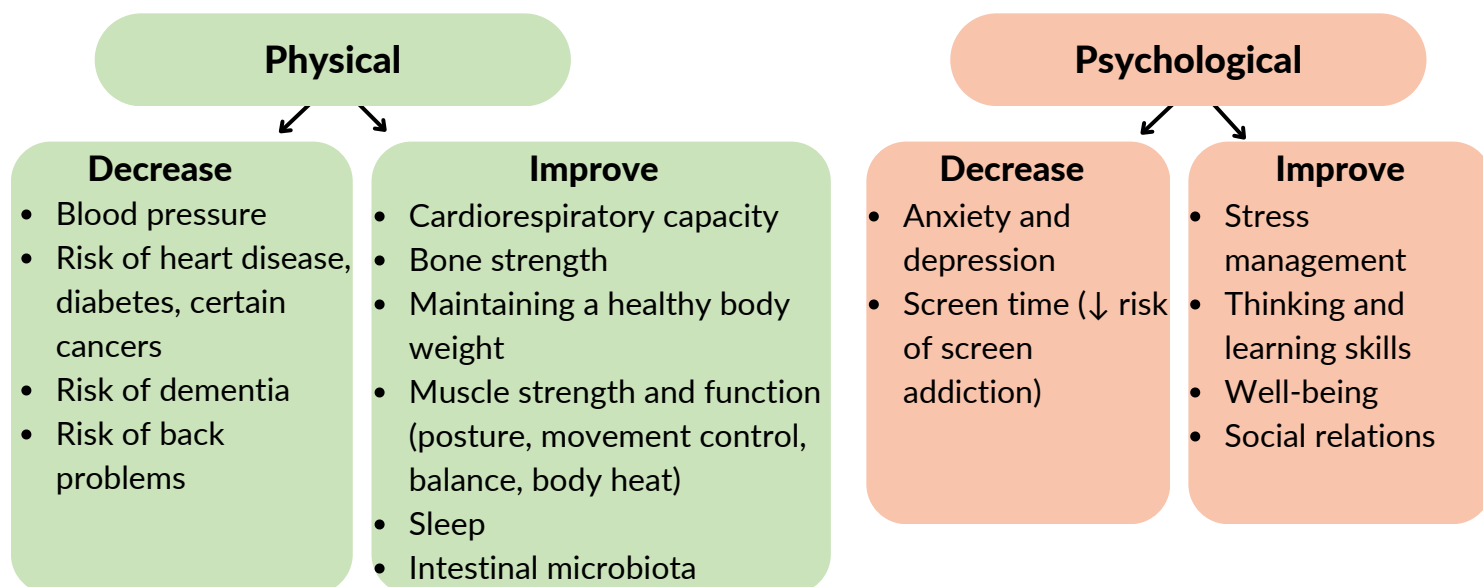


Why should you move?

Regular physical activity (see recommendations above) is good for everyone! It can even be integrated into the **management of many chronic illnesses**, as it contributes to **better physical and mental health**, which in turn can help improve symptoms; it can even be considered as a form of therapy.



Here are some **benefits** of regular physical activity:



It's important to point out that a high level of physical inactivity induces the opposite risks. Being sufficiently physically active does not mean being less sedentary.



Studies have identified a direct relationship between **sedentary** behavior and the incidence of **cardiovascular disease, type 2 diabetes**, and certain **cancers** such as endometrial, colon and lung cancer. The risk of mortality increases in proportion to the time spent in a sedentary lifestyle. Hence the **importance of not only increasing physical activity, but also reducing sedentary time**. Find tips on how to be more active in the guide at the end of this newsletter.

Excessive physical activity

We speak of **excessive physical activity** when physical activity is practiced **obsessively** and **excessively**, and has a negative impact on quality of life and daily activities.

In this case, physical activity is no longer carried out with the aim of taking care of one's health or enjoying oneself, but often with the aim of controlling one's weight and/or modifying one's figure. In such cases, physical activity is **harmful to health**.



Excessive physical activity is problematic and can contribute to the onset or maintenance of **eating disorders** (ED). It is frequently observed in patients suffering from restrictive or bulimic eating disorders. This **excessive activity** is associated, for example, with a decrease in self-esteem and, on the contrary, with an increase in body preoccupation, food restriction, depression, anxiety, fatigue...

Conclusion

Increasing **physical activity** and reducing sedentary behaviors are recommended to keep the body in **good health** and **reduce the risk of certain pathologies**. However, physical activity should remain a pleasurable way of taking care of yourself and your health. If physical activity falls outside this context and becomes **excessive**, it becomes problematic, with serious consequences for health.



For tips on how to increase your level of physical activity and reduce your sedentary lifestyle, take a look at the guide below.

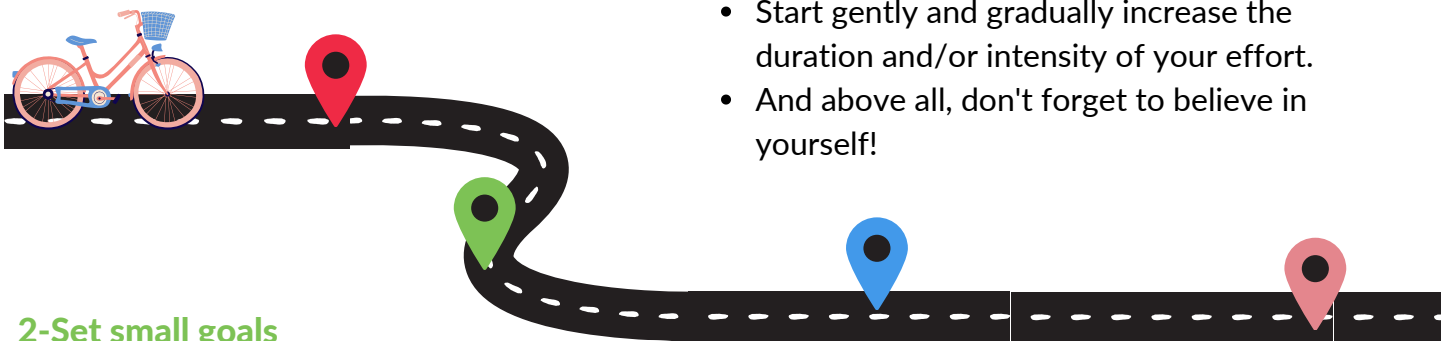
You can even print it out and display it where you can see it (refrigerator, workstation, etc.).

Tips guide: how to move more?

A few tips to increase your physical activity:

1-Find a physical activity you enjoy

- Draw up a list of activities available near you (town hall/Internet).
- Think about physical activity at home: use the Internet / mobile applications



2-Set small goals

- Set achievable goals tailored to your desires, personality and situation.
- Use the SMART method:
 - **Specific:** what activity do I want to do?
 - **Measurable:** how much and how often?
 - **Achievable:** how am I going to do it?
 - **Realistic:** can I do it?
 - **Timed:** when will I do it?

3- Exercise at your own pace

- Start gently and gradually increase the duration and/or intensity of your effort.
- And above all, don't forget to believe in yourself!

4- Keep up your physical activity

- Changing habits takes time, so be patient!
- Remind yourself regularly of the motivations that drive you to move more, and the benefits you derive from doing so!
- If you're having trouble achieving your goals, readjust them and, above all, be kind to yourself!

Try these tips to reduce your sedentary lifestyle and stay active every day:

Take the stairs whenever possible



Get around on foot or by bike



Get off the bus 1 stop earlier



While seated, lift your feet off the ground for 15 seconds. Repeat 3 times!



Stretch several times a day, while sitting or standing.



Set an alarm to remember to get up every 2 hours at home and at work



Walk 10 to 15 minutes during lunch break



Make calls while standing up



Add your own tips to this list by adding your own post-it notes!

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