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Ashford Hospital

London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital

Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Exercise to aid weight loss and for a healthy lifestyle

Physiotherapy Department



Why is exercise important

Consuming fewer calories is a well-known way to lose weight but by exercising you increase the number of calories you burn.

Your body functions best when your blood glucose levels remain constant. By doing exercise and consuming fewer calories you encourage your body to use stored calories in the forms of glucose and fat which it takes out of your tissues. The more calories you burn over the amount that your body needs to maintain its current weight, the greater your weight loss.

Exercise helps you to lose weight but also has major health benefits. It is medically proven that people who do regular activity have:

- Up to a 30% lower risk of dementia
 - Up to a 35% lower risk of coronary heart disease and stroke
 - Up to a 50% lower risk of type 2 diabetes
 - Up to an 83% lower risk of osteoarthritis.
- (NHS Choices)

What is your goal?

How are you going to achieve this?

The websites below have tips and ideas for different lifestyles, e.g. busy mums, families, office workers and older adults.

www.nhs.uk/Livewell/fitness/Pages/Whybeactive

www.nhs.uk/Livewell/fitness/Pages/Activelifestyle

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

Author: Heather Pursey

Department: Physiotherapy

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you achieve that goal, e.g. £1 put away for each pound lost, home hand massage, new haircut, book / DVD, day out with friends.

Perceived exertion

To achieve any benefits from exercise you need to work your body at a certain level of exertion, no matter what exercise or activity you are doing.

Below is a chart that you can use to gauge how hard you are working.

6		<u>LITTLE OR NO EFFORT</u> How you feel when lying in bed, sitting or relaxed.
7	Extremely light	
8		
9	Very light	
10		
11	Fairly light	
12		<u>TARGET RANGE</u> How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	<u>Not advisable to go into this range at this stage.</u> How you feel with the hardest work you have ever done.
18		
19	Extremely hard	
20	Maximum exertion	

Borg scale-Rate of Perceived Exertion

Aerobic

This type of exercise conditions your lungs and heart allowing them to use oxygen more efficiently. Examples of this type of exercise are swimming, walking, jogging.

You should aim to increase your heart rate and breathing rate when doing this type of exercise.



Conditioning



This type of exercise improves muscle strength and flexibility. In order to build muscle and strengthen bones, exercises that incorporate weight resistance and flexibility should be part of your exercise routine. E.g. weights, yoga, stretches & Pilates.

Muscles require energy to function and it has been argued that the more muscle you have the greater the energy demand therefore the more calories they use.

Hydration

It is very important that you keep yourself hydrated when doing exercise. If you wait until you are thirsty it is probably too late. Try to avoid carbonated drinks as these don't really help. Fruit juices and sports drinks tend to contain a lot of sugar and should also be avoided.



The first rule of starting any new exercise is to start slowly.

Initially do low intensity and low impact activities and it doesn't necessarily mean you have to attend a gym. For some just doing housework and gardening will be enough of a workout- your health professional should be able to advise you on what level to start with. For most people this isn't normally enough of a workout as it does not work your heart and lungs enough.

When able you should progress to moderate-intensity aerobic activity. This means that you are working hard enough to raise your heart rate (see Perceived exertion) e.g. use stairs instead of lifts and escalators, park your car further away than intended destination.

Walking is a great way to start. Initially start with short walk several times a day and gradually increase distance and duration. It has been recommended that we try to aim for 10,000 steps a day. At first you may want to start with a smaller amount and work up to the 10,000 as you get fitter-you healthcare professional will be able to advise you if you are concerned.

You can use a pedometer to measure how many you do.

There are some free Apps on smart phones that have pedometers which you can use.

As you get fitter you could consider water aerobics, swimming or riding a bike.

How much exercise should you do?

To stay healthy you should try to be active daily and should do:

At least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity a week (this will depend on your current fitness levels but you should aim to be within the green area of the Borg scale(see opposite page), and muscle-strengthening activities on 2 or more days week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

OR

75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity (towards the 15-16 level on the Borg scale) every week, and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms). (NHS Choices)

Choosing an activity suitable for you

- Try to make being active part of your daily routine, e.g. walking to work or taking the children to the park on the way home from a school run.
- Pick activities that you enjoy.
- Try to be active with someone, e.g. family and friend. This helps to keep you motivated.



Set a weekly goal for yourself and keep an exercise diary to see how you are progressing.

Set yourself goals (i.e. completing a full flight of stairs without a rest) and then reward yourself (healthy reward obviously) when