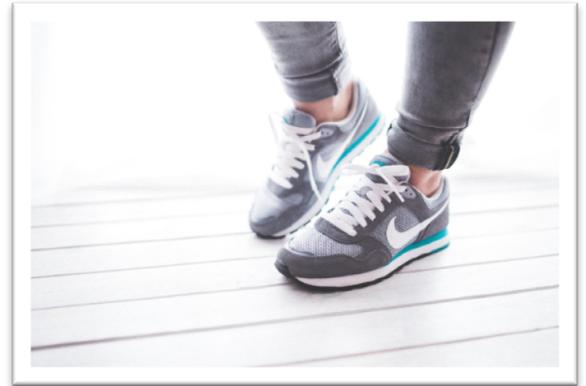


OCCUPATIONAL WELLNESS COST SAVING TIPS

How Much Exercise is Enough?

Physical Activity Vs Exercise:

Physical activity and exercise are commonly mistaken for the same thing. Physical activity is any movement carried out by the muscles that require energy – therefore, any movement that a person performs (gardening, walking). Exercise is a planned, repetitive and intentional movement. All physical activity can increase one's overall health, but the combination with exercise can bring the greatest increase in overall health. The Canadian Physical Activity Guidelines suggest the following amount of physical activity for health benefits.



Recommendations for the parents in your workforce:

- = Toddlers (aged 0-4 years old): 180 minutes daily
- = Children (aged 5-11 years old): 60 minutes of moderate → vigorous intensity daily

Recommendations for your younger workforce:

- = Youth (aged 12-17 years old): 60 minutes of moderate → vigorous intensity daily

Recommendations for the typical workforce:

- = Adults (aged 18-64 years old): 150 minutes of moderate → vigorous intensity every week



* Moderate intensity corresponds to 64-76% of one's maximum heart rate

* Vigorous intensity corresponds to 77-93% of one's maximum heart rate

Measuring and monitoring heart rate is very important to see changes in body composition, if you are at risk for heart disease and to confirm that you are at an exercise intensity. Maximum heart rate can be easily estimated by the formula;
Max HR= 220 – age.

Steps:

-Walking is a form of physical activity that is easily accessible to most people and does not require and special equipment. Walking regularly can help reduce the risk of heart disease, obesity, diabetes and high blood pressure.

- brisk walking (4 mph) can be categorized as moderate intensity exercise for most people

* 10,000 steps a day = ~ 5 miles = ~ 30 minutes of exercise a day which helps reach the recommendation of 150 minutes of exercise per week for most adults

Waist Circumference:

-Waist circumference measurements are more important than a scale for general health such as heart disease and diabetes.

- determining where you deposit fat is more important than how much you weigh



- Men

Normal = > 93cm → Increased Risk = 94-101cm → Substantial Risk = < 102cm (40")

- Women

Normal = > 79cm → Increased Risk = 80-87cm → Substantial Risk = < 88cm (35")