



## Exercise

Here are some ideas about how you can tap into the power of exercise, all material that you need to support this document is available on the sane.works website.

- Exercising is good for your mental, physical and emotional wellbeing and is linked to cardiovascular health, quality of sleep, stamina, mood, and susceptibility to mental ill-health such as depression. In all these respects, it interacts closely with diet.
- Moderate aerobic exercise – walking or running 30-45 mins per day, can halve your risk of catching a cold or flu. One bout of activity can increase the Natural Killer Cells in your immune system tenfold.
- Keeping muscle tone is essential for your immunity and resilience – too much belly fat is a key factor in low grade inflammation, which is connected with a lot of poor health.
- At mid-life, we start losing muscle mass by 1-2 percent per year and your thymus gland, which is key to your immunity, starts to atrophy. Exercise can counter this.
- The recommended goal is 150 minutes of aerobic exercise per week and two sessions of something that builds up your strength. Many people know this!
- The reason why our knowledge of this does not necessarily translate into behaviours is that we often fail to do two things: define the desired outcome in concrete, meaningful and personal terms and take a big reality check, meaning that we fail to formulate realistic, achievable goals.
- Whilst you may not be able to change your life to live the perfect lifestyle, the most sustainable way to progress is by maintaining an achievable approach over the long term. This involves forming good habits by introducing small, maintainable changes. A good goal might be to develop the capacity to run a certain distance, or fit into your favourite clothes, establish daily habits that will actively push you towards this goal.
- A great barrier to exercising is excuses, which, if we let them, will stop us from achieving our goals. Common excuses are: I don't know how, and I don't have time. Challenge them!
- Resistance exercises build strength. You can do these just using your bodyweight: push-ups, lunges, squats and burpees are good examples. If you want to try weights, get some proper tuition.
- Types of cardiovascular training are high intensity interval training (HIIT) which is a short yet intense workout working at up to 90% of your maximum heart rate, and low intensity steady state training (LISS) which is less intense on your heart rate but takes a bit longer.
- Getting exercise can be as simple as just building movement into your everyday life.

Sixth Sense runs a workshop on this topic that you might enjoy. It's called **Exercise Works**.