



Role of exercise in lifestyle

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MPT Cardio pulmonary

Work habits

- Table work
- Standing work
- Computer work
- Bending work



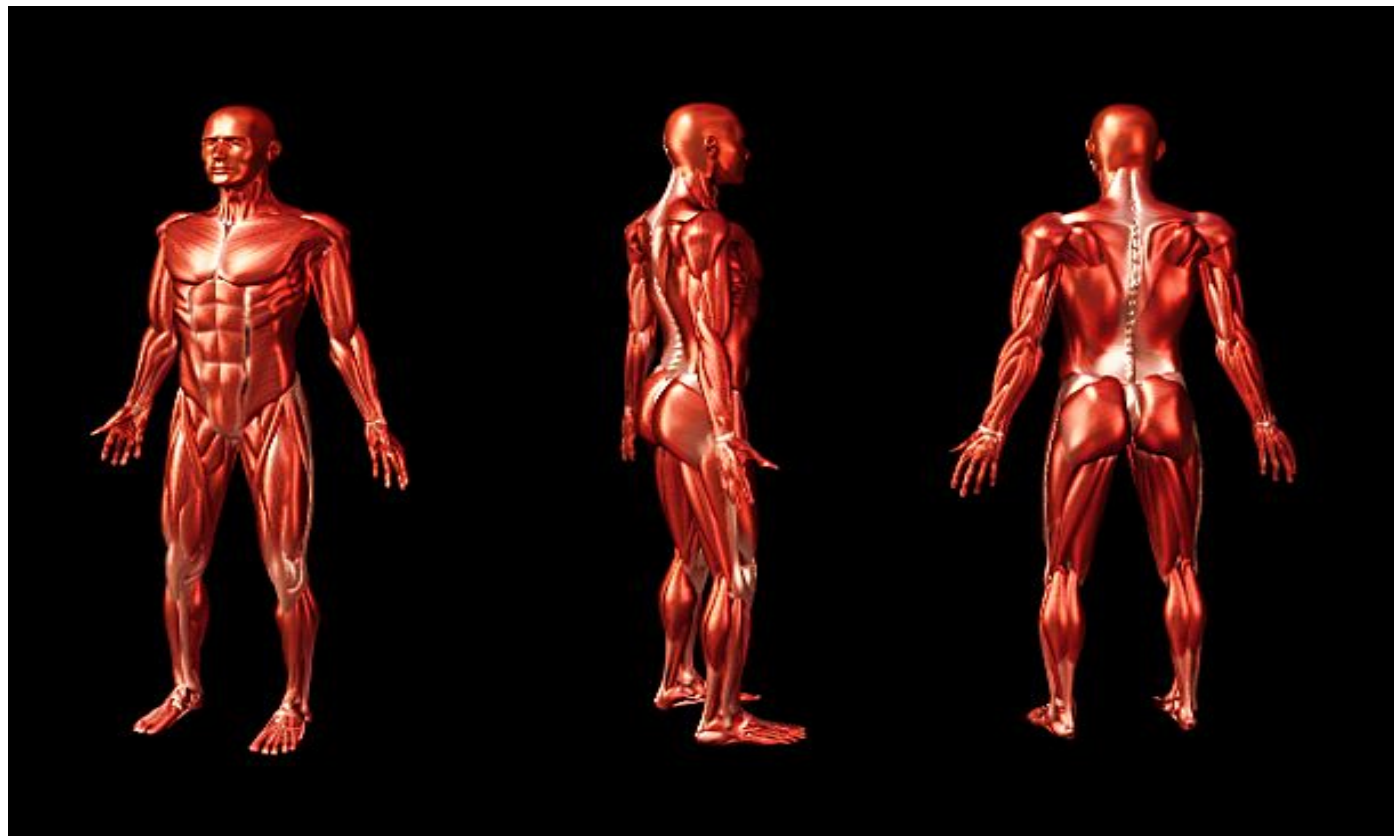
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Advantage of exercise

- Musculo skeletal system
- Cardiovascular system
- Respiratory system
- Gi system
- Endocrine system

Musculoskeletal

- Flexibility
- Stability
- Strength



Cardiovascular

- Heart function
- Prevent circulatory diseases



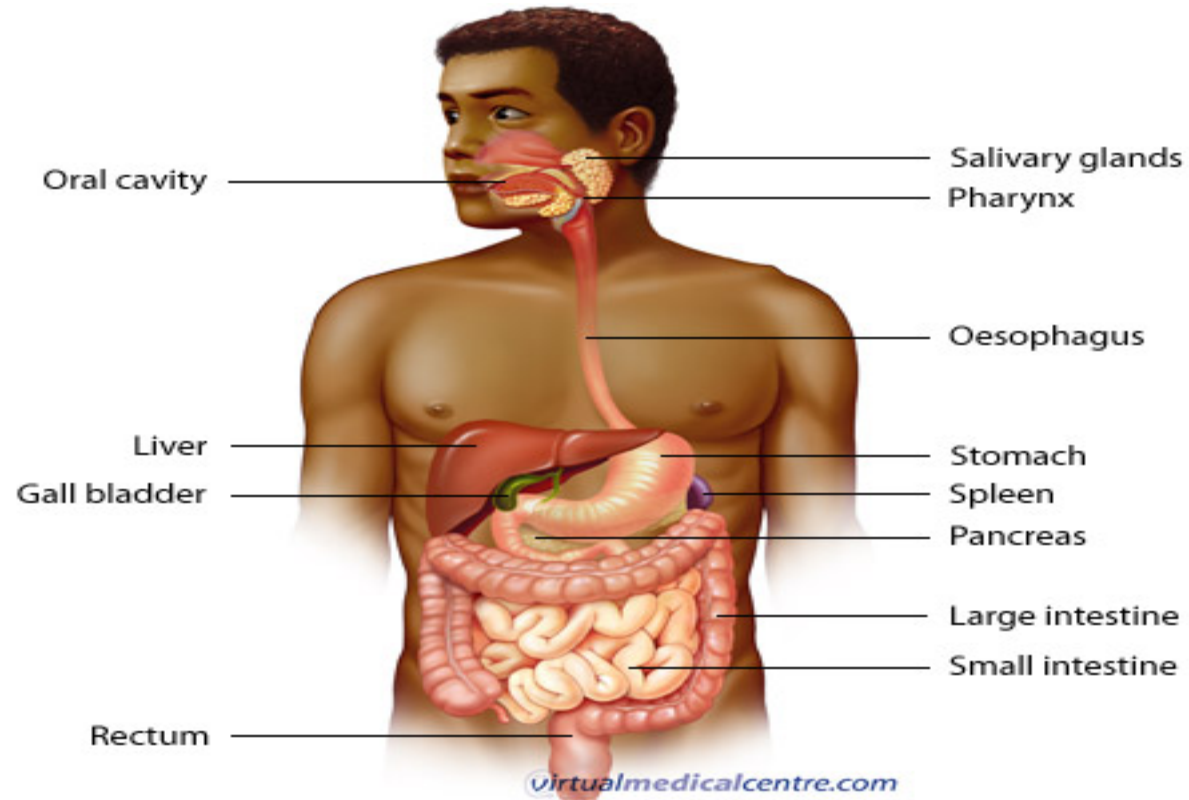
Respiratory

- Breathing pattern
- Oxygenation



Gi system

- Prevent fat deposition
- Maintain normal function of organs



Endocrine

- Hormonal balance



Which exercise ??

Start with AEROBICS

1. Walking
2. Jogging
3. Swimming
4. DANCING etc..



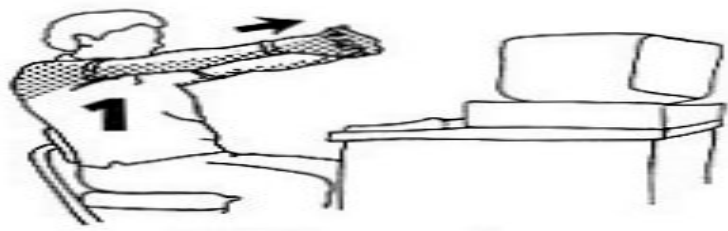
Preventive measures according to work



Computer & Desk Stretches

Approximately 4 Minutes

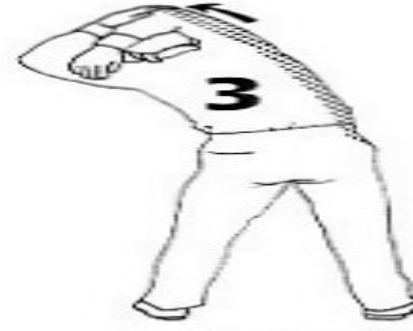
Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



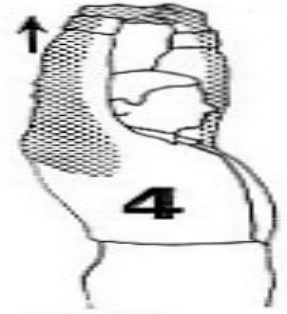
10-20 seconds
2 times



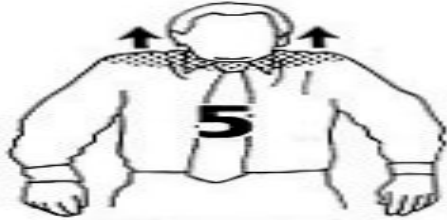
10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



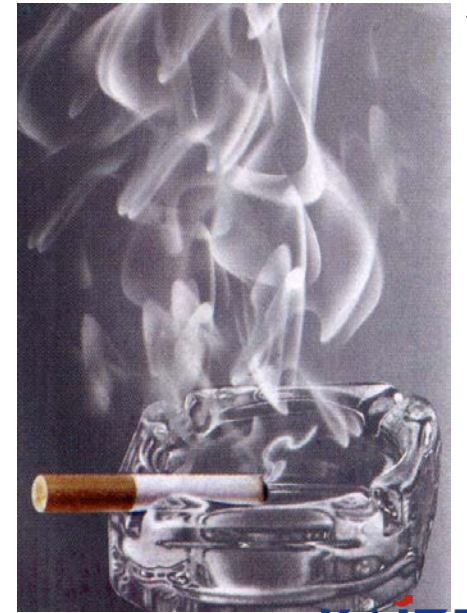
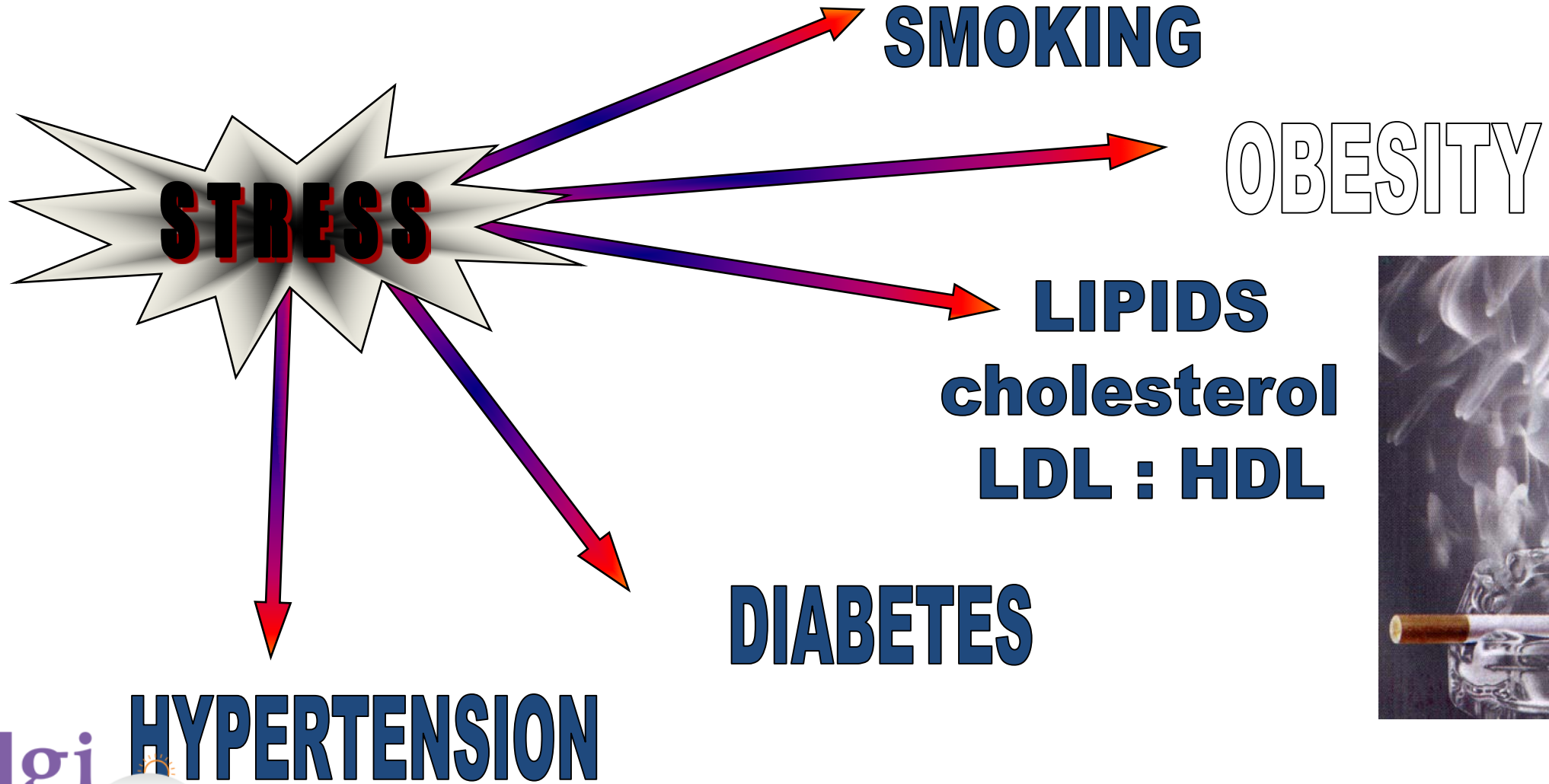
10-15 seconds
2 times



Shake out hands
8-10 seconds

Stretching ©2000 by Bob and Jean Anderson. Shelter Publications, Inc.

LIFE STYLE - MIND - STRESS



RISK FACTORS

Daily YOGA gives mental stability



Limitations that people face during exercise

- Joint pains
- Balance
- Breathing problem
- Tiredness
- Lack of muscle power
- Lack of time
- Cramps



Excuses

- No time
- Body Pain
- Getting Bored
- Slow Weight Loss
- I don't need it if I diet!!!
- I don't have any medical problem so I don't need exercise!!

No time!!!

- Its always better to do something than nothing!!!!
- If you cant do straight 30 minute workout, make it 10 minutes, 3 times a day!!!



Body pain

- A very normal phenomena
- Subsides Once your body gets used to exercise

Getting Bored

- Change your workouts
- Do the workouts you like
- Music



Slow weight loss



- 20 min of walking – 100-150 calories
- 1 piece of kaju-katri – 100 calories

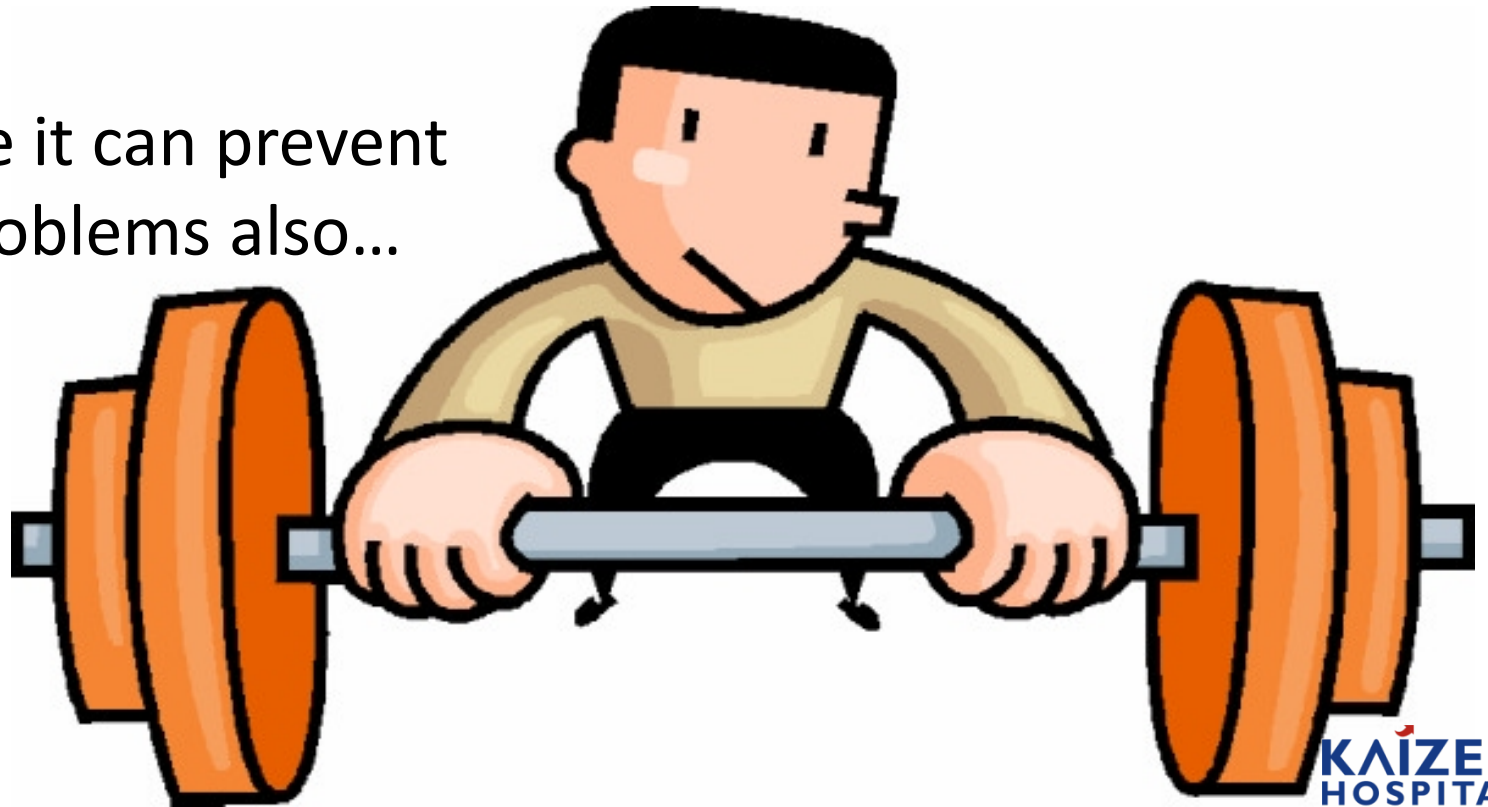
I don't need Exercise if I diet!!!

- Everybody needs exercise to be fit
- Only diet or only exercise does not help person to be fit and healthy.. both go hand in hand..



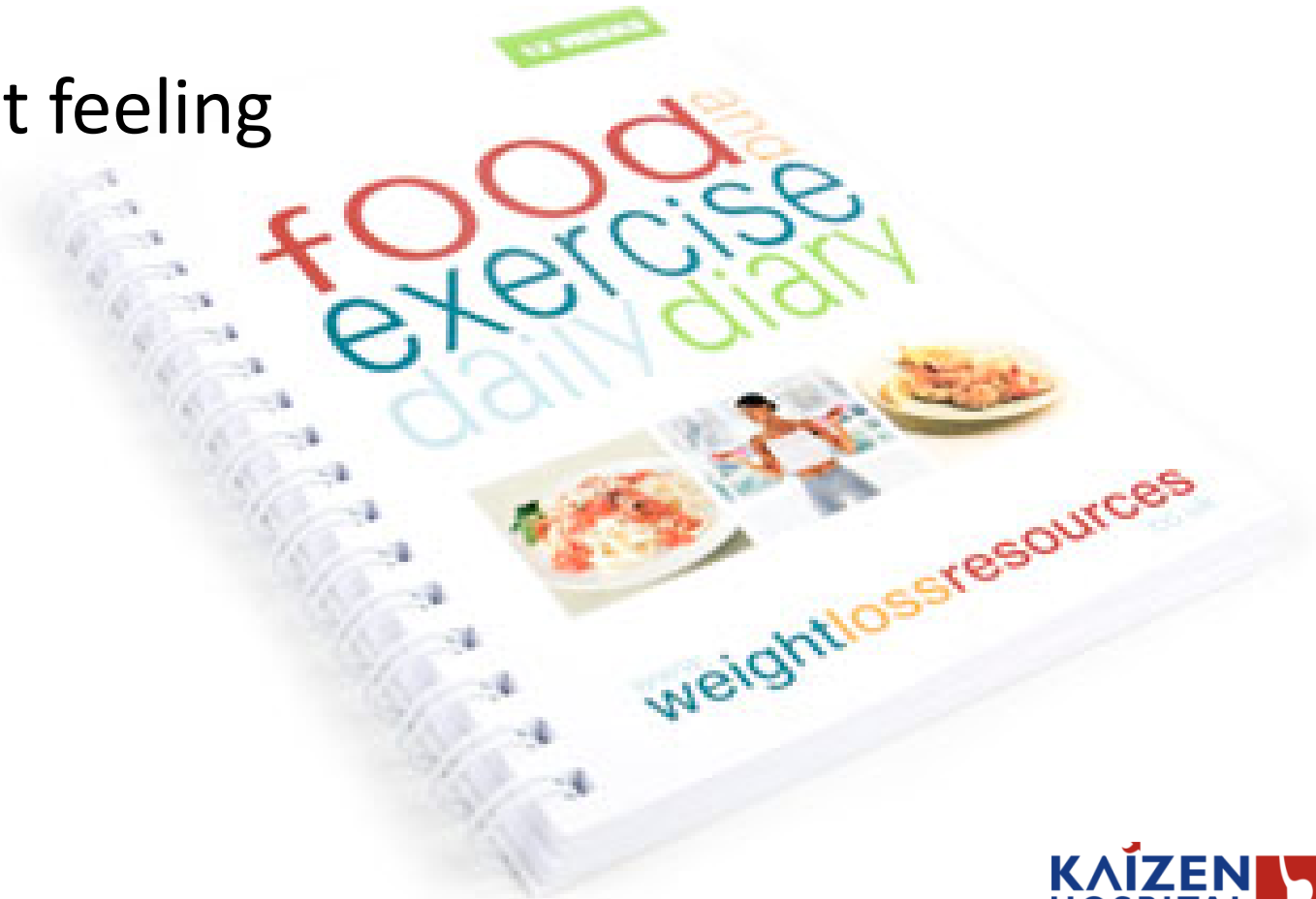
I don't have any medical problem so I don't need exercise!!

- Exercise can help cure some medical problems...
- But at the same time it can prevent you from medical problems also...



Motivation

- Keep Exercise Records
- Write down post workout feeling
- Compete with yourself
- Set small targets



Motivation!!!

- Do the exercises that you ENJOY!
- Work out with Friends
- Charity Walks
- Sports or Dance or gardening
- Music





YOU ARE THE ONLY ONE WHO CAN
RISE OWNSELF BEYOND THE SKY

Thank you !

