

EXERCISE & ACTIVITY BENEFITS

Objective – To explain:

- Dangers associated lack of physical activity
- What is obesity?
- Fatty Liver
- Depression, Low mood
- Increase in type 2 Diabetes
- Back Problems & Posture Problems
- CHD – What is heart disease
- High Blood Pressure
- Getting Ready
- Benefits

DISEASES AND LACK OF EXERCISE

Inactivity contributes to major diseases:

- CDH
- Diabetes
- Osteoporosis
- Obesity & fatty liver
- Depression
- Sleep apnea
- Back & joint problems
- Cancer, early death
- High Cholesterol
- Unable to maintain a lower weight

RECENT STUDIES REPORT....



THE 10 MOST OBESE COUNTRIES ON EARTH

According To The World Health Organization | % Obesity rate



United States of America	New Zealand	Australia	Czech Republic	United Arab Emirates	Slovakia	Norway	Canada	Germany	Hungary
33.8%	26.5%	24.6%	24.2%	23%	23%	22.4%	22%	20.2%	18.8%



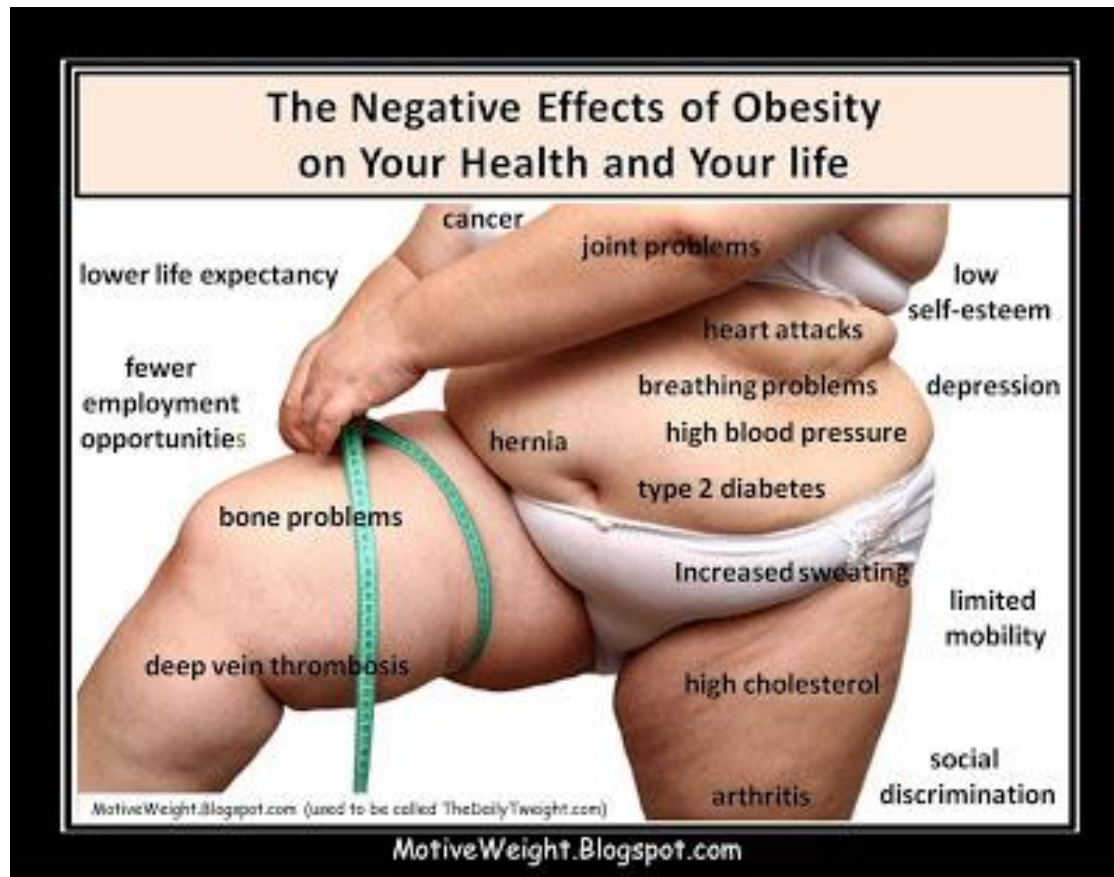
WHAT CAUSES OBESITY?

Obesity is complex problem with many factors some which include:

- Behavior (eating patterns), environment, poverty, genetics & culture
- The root of the problem stems from an imbalance of food intake & expenditure
- Easily available calorie energy dense products or snacks
- Increased portion size
- Less advertising for healthy food choices



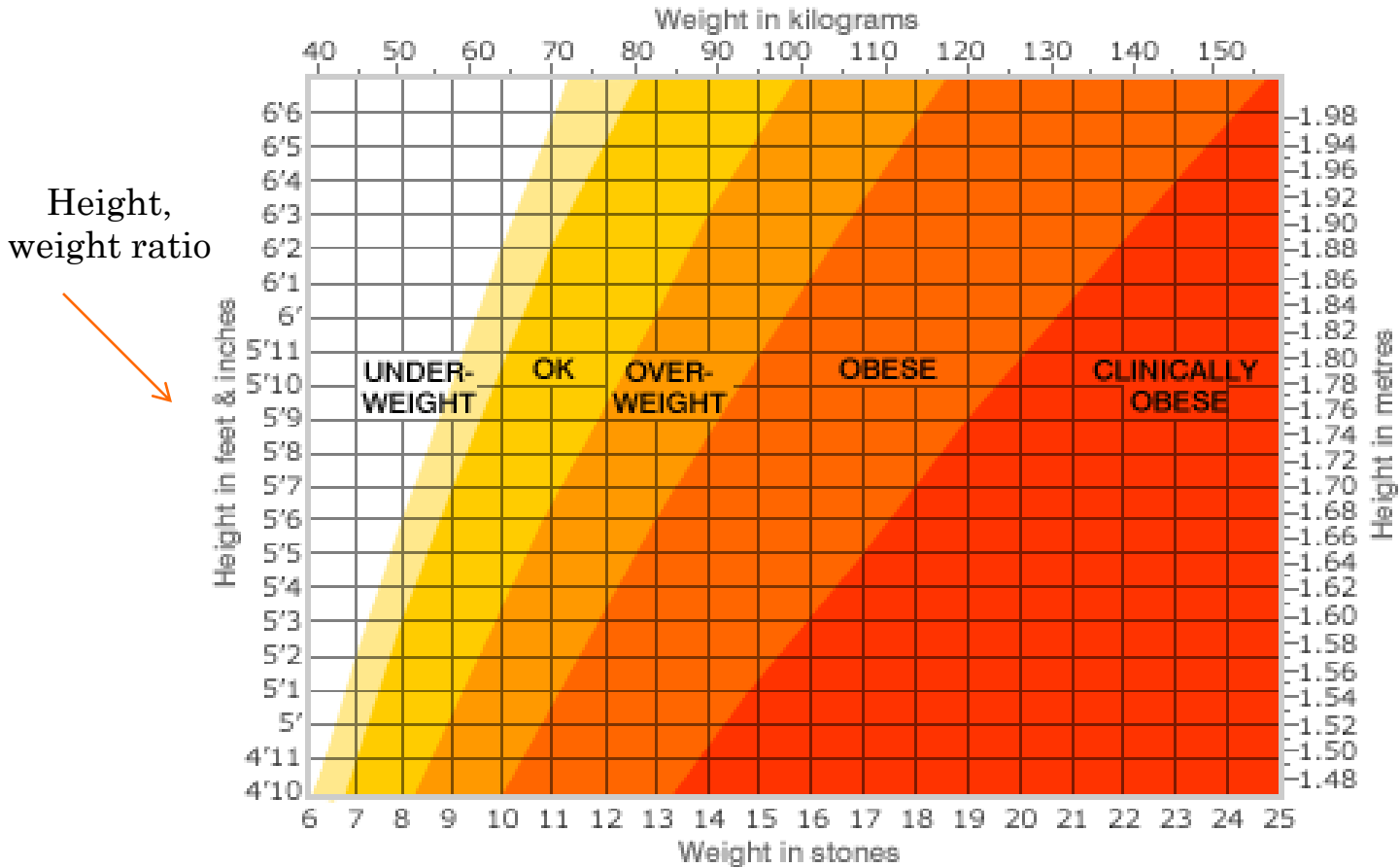
WHAT IS OBESITY?



In 2014 over 600 million adults were obese, that's 13% of the world's adult population.



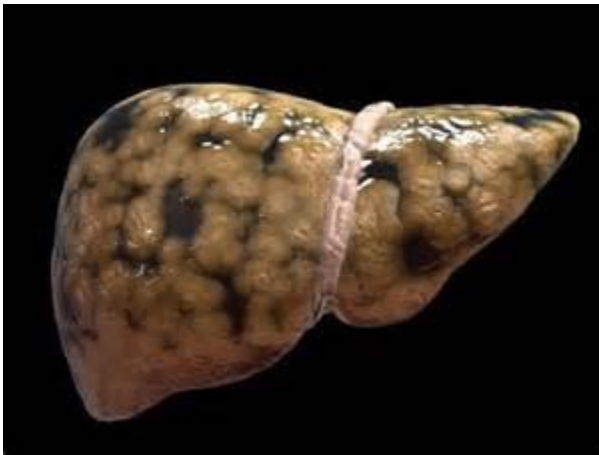
WEIGHT CALCULATION TABLE



Childhood obesity has double and in adolescence it has tripled!



NON ALCOHOLIC FATTY LIVER DISEASE



Unhealthy liver

caused by:

- Obesity –
- Overweight
- High cholesterol
- Diabetes

Healthy liver



DEPRESSION & LOW MOOD

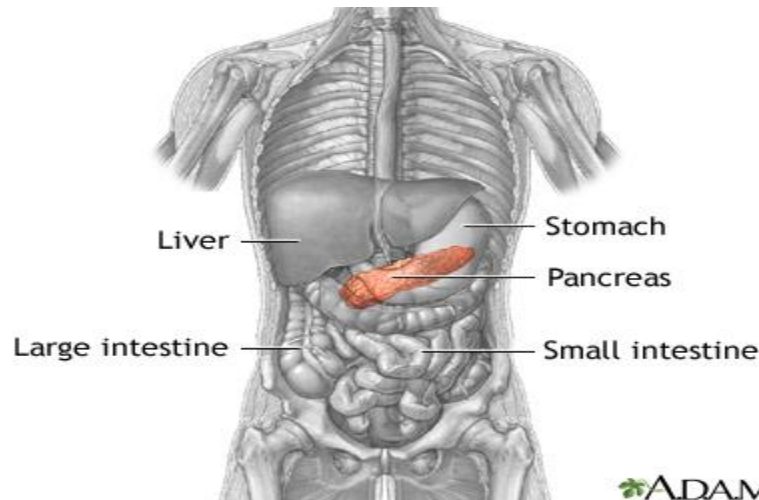
Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

A bad day that
never goes away



TYPE 2 DIABETES

- When you have this disease, your body does a poor job turning the carbohydrates in food into energy
- You may not even realize you suffer with this
- This causes sugar to build up in your blood
- It raises your risk for heart disease, blindness, nerve, loss of a limb and organ damage



BACK & JOINT PROBLEMS

Additional weight in the front of the body, gravity pulls your excess weight forwards
Abdominal muscles become weak

Compression on the spine adds pressure to hip joint



Lower Spinal compression

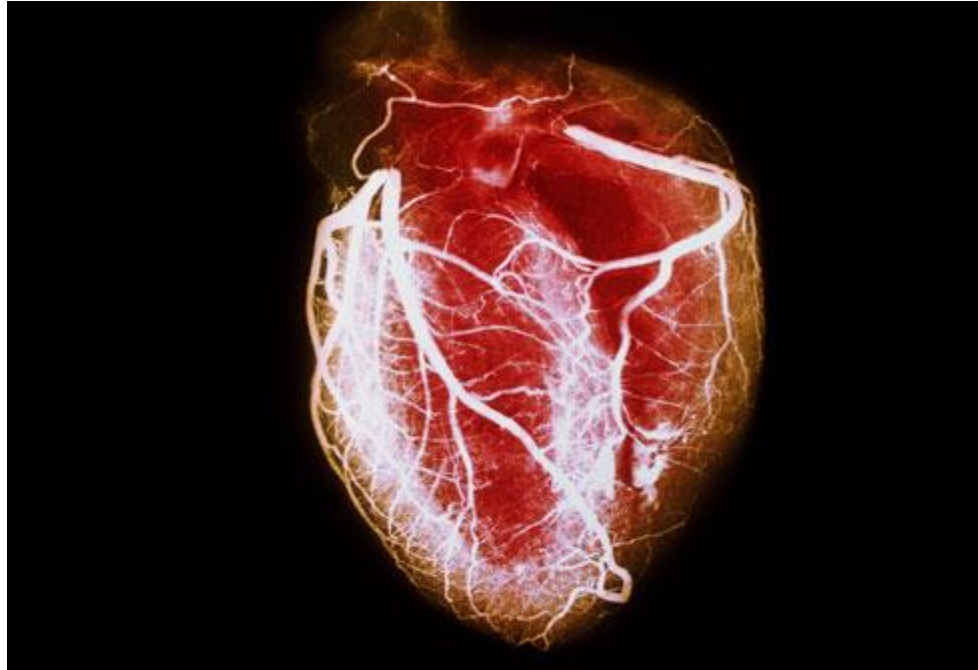
Hip area and muscles become weak & tight

Weight distribution affects knee & ankles joints



WHAT IS HEART DISEASE?

Artery is the
white 'lines'



Healthy heart

The term covers several conditions which prevent the heart from doing its job!



CLOGGED ARTERIES

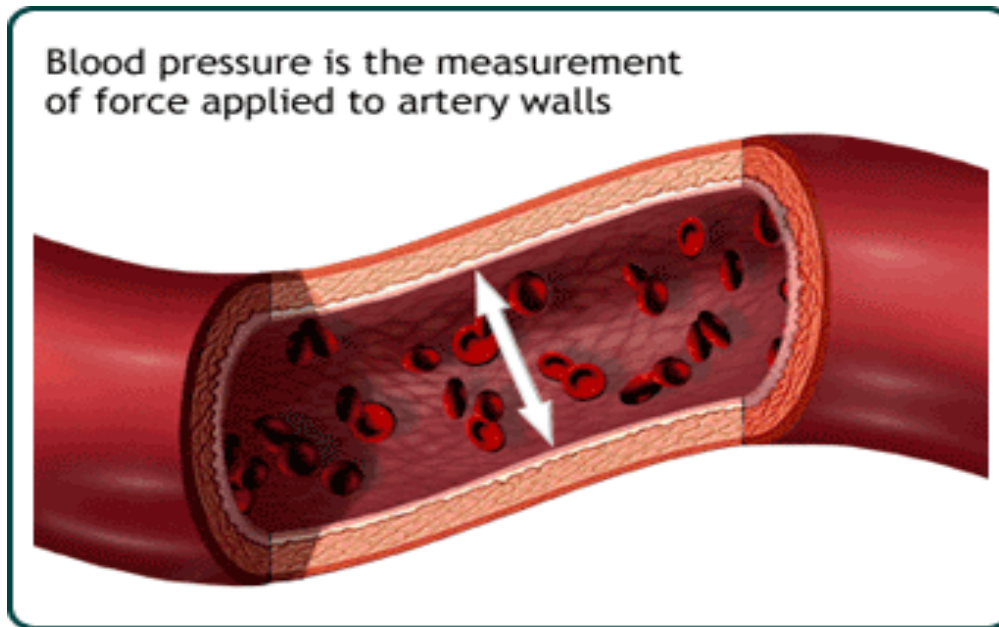


A build up of plaque (fat & cholesterol) which can narrow the arteries. People don't realize there is a problem until they have a heart attack

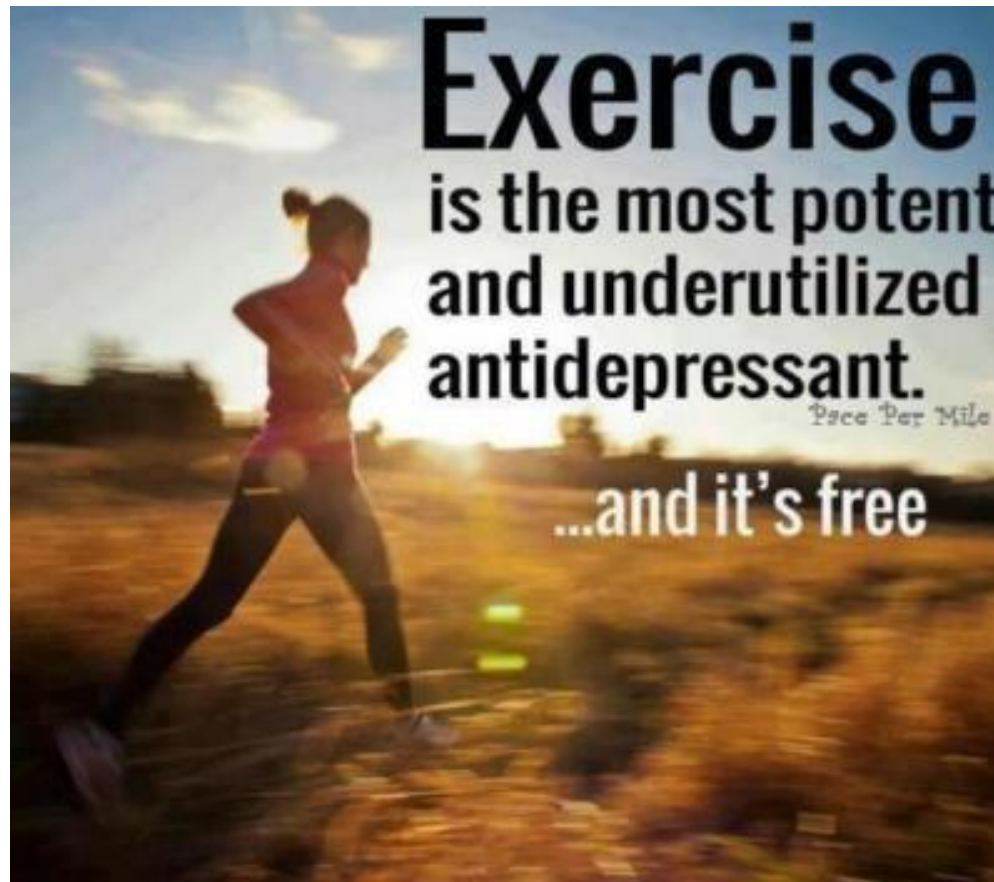


HIGH BLOOD PRESSURE (HYPERTENSION)

- Known as the silent killer
- Increases risk of heart disease & attacks, strokes, heart failure, aortic aneurysms, kidney disease and vascular dementia

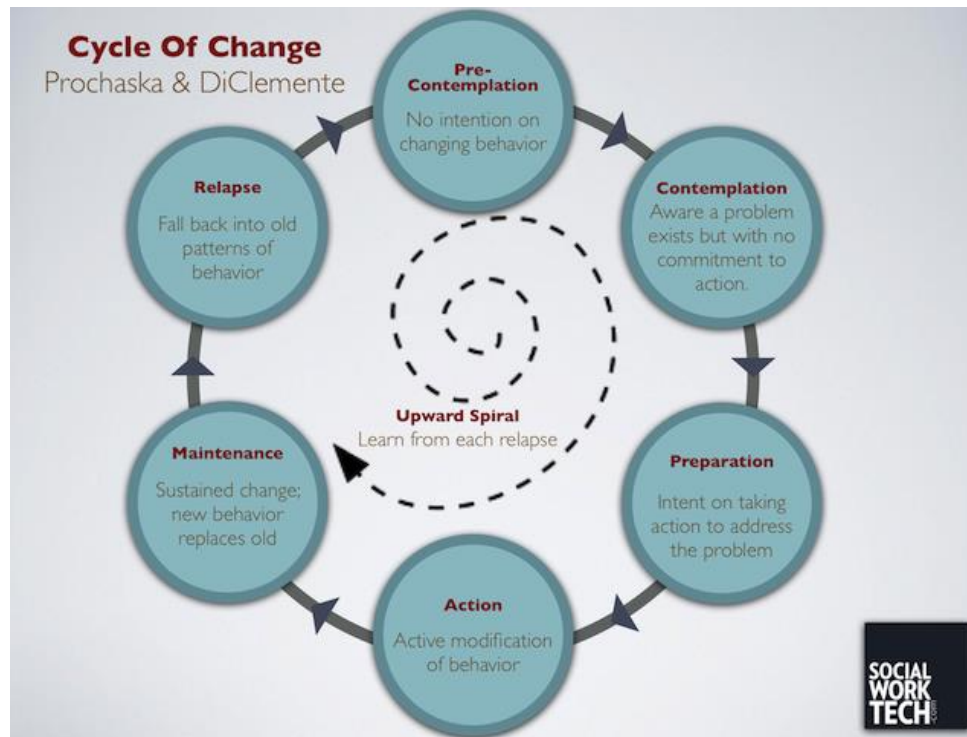


WHATEVER YOUR AGE, THERE'S STRONG SCIENTIFIC EVIDENCE THAT BEING PHYSICALLY ACTIVE CAN HELP YOU LEAD A HEALTHIER AND EVEN HAPPIER LIFE.



GETTING READY.....

****Consult your doctor before you begin any exercise program**



Make an honest assessment of how motivated you are to make changes



GETTING STARTED

- It doesn't have to be strenuous to benefit your weight or health
- Make exercise part of your lifestyle
- Research local activities
- Find a convenient and enjoyable activity
- Schedule an activity in to your – set a reminder in your phone!
- Set small achievable goals
- Reward yourself once you hit your first goal, it should not be related to food! Buy a new pair of shoes, gadgets



PHYSICAL ACTIVITY BENEFITS

If exercise were a pill, it would be one of the most cost-effective drugs ever invented!

- Increase Muscle and bone strength (including heart & lungs)
- Improve Health, fitness & vitality – You feel good!
- Develop better sleep
- Maintenance of a healthy weight
- Develop social skill, good sportsman ship
- Reduced stress levels
- Lower the chance of developing a disease
- Decrease blood pressure



WHAT IS ACTIVITY OR EXERCISE?

It is as simple as:

- Housework
- Gardening
- Cleaning
- Take the stairs
- Walking the dog
- Playing with your children
- Dancing at home



The recommended amount of exercise for an adult is.....150 minutes per week or 21 minutes daily!



That's it

Thank you for your time and attention!



REFERENCES

- <http://www.webmd.com> - Reviewed by James Beckerman, MD, FACC on April 20, 2015
- <http://www.webmd.com/diet/obesity/features/obesity-epidemic-astronomical#1>
- <https://www.clevelandclinicabudhabi.ae/en/health-byte/pages/understanding-obesity.aspx#sthash.SO6tOLs9.dpuf>

