

Regular exercise is generally good for you.
Exercise improves many functions in the body.
For example:

- It improves mental health**
- It improves musculoskeletal health**
- It improves cardio-vascular health**
- It reduces the risks associated with obesity**
- It reduces the risk of developing type II diabetes**

As you continue with this programme, you and your doctor will notice a gradual increase in your capacity for exercise which will bring with it increasing health benefits.

Regular exercise leads to a positive health spiral. The more you exercise, the more you will be able to do over time. The more you are able to achieve, the more positive the gains.

This card is designed to motivate individuals to exercise regularly. It is based on a model proposed by the Finnish Institute of Occupational Health and the University of Jyväskylä, Finland.



increase your **FITNESS,** improve your **HEALTH**

Fitness and exercise tracking card

In order to improve fitness, health and well-being:

- ✓ Select your exercise based on your health (and medical condition).
- ✓ Do exercise you enjoy.
- ✓ Exercise at least three times a week.
- ✓ Exercise at least 20 to 30 minutes at a time.
- ✓ Exercise at a rate suitable to your level of fitness.
- ✓ Ideally, exercise should increase your breathing, heart rate and perspiration.
- ✓ **Before you engage in any serious changes in exercise patterns or exercise intensity, you should consult with your family medical doctor concerning your participation in the type of sport and the targeted level of fitness.**



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NAME:

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- ✓ Week number 1 is the week in which 1 January occurs.
- ✓ Week number 17 is the week of 28 April, ILO World Day for Safety and Health at Work.
- ✓ Selecting from the list of activities below the chart, put the appropriate letter in the box corresponding to the week and the day.

Training / Exercise schedule, at least 20 minutes at a time.

WK	Su	Mo	Tu	We	Th	Fr	Sa	WK	Su	Mo	Tu	We	Th	Fr	Sa
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- W = Brisk walking
- S = Swimming
- J = Jogging
- F = Fitness

- C = Cycling
- B = Ball games (basket ball, football etc)
- G = Gymnastics
- K = Cross country skiing
- O = Other