FIRSTBEAT

FIRSTBEAT TRANSFORMATION PROGRAMME

PHYSICAL VITALITY SEMINAR

Why be physically active?

Physical activity/ movement is considered one of the pillars of health.

Everyone's 'why' will be different, but by sharing the benefits of physical activity we can visualise how being regularly active can help you achieve your 'higher why' in this wellness journey.

Improves and supports our **physical, mental & emotional and family & social health and wellbeing**

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Why be physically active?

- Prevent or treat chronic health conditions (diabetes, CVD, obesity, cancer)
- Boost **mood** through the release of feel good hormones, endorphins, helps to combat depression and anxiety and provides a **stress relief**.
- Improve sleep, recovery and heart rate variability
- Quality time to connect with whānau , friends, workmates
- Flexibility, mobility, balance, posture, reduce the risk of injuries
- Weight management, lean muscle mass, bone strength
- Productivity at work
- Energy!

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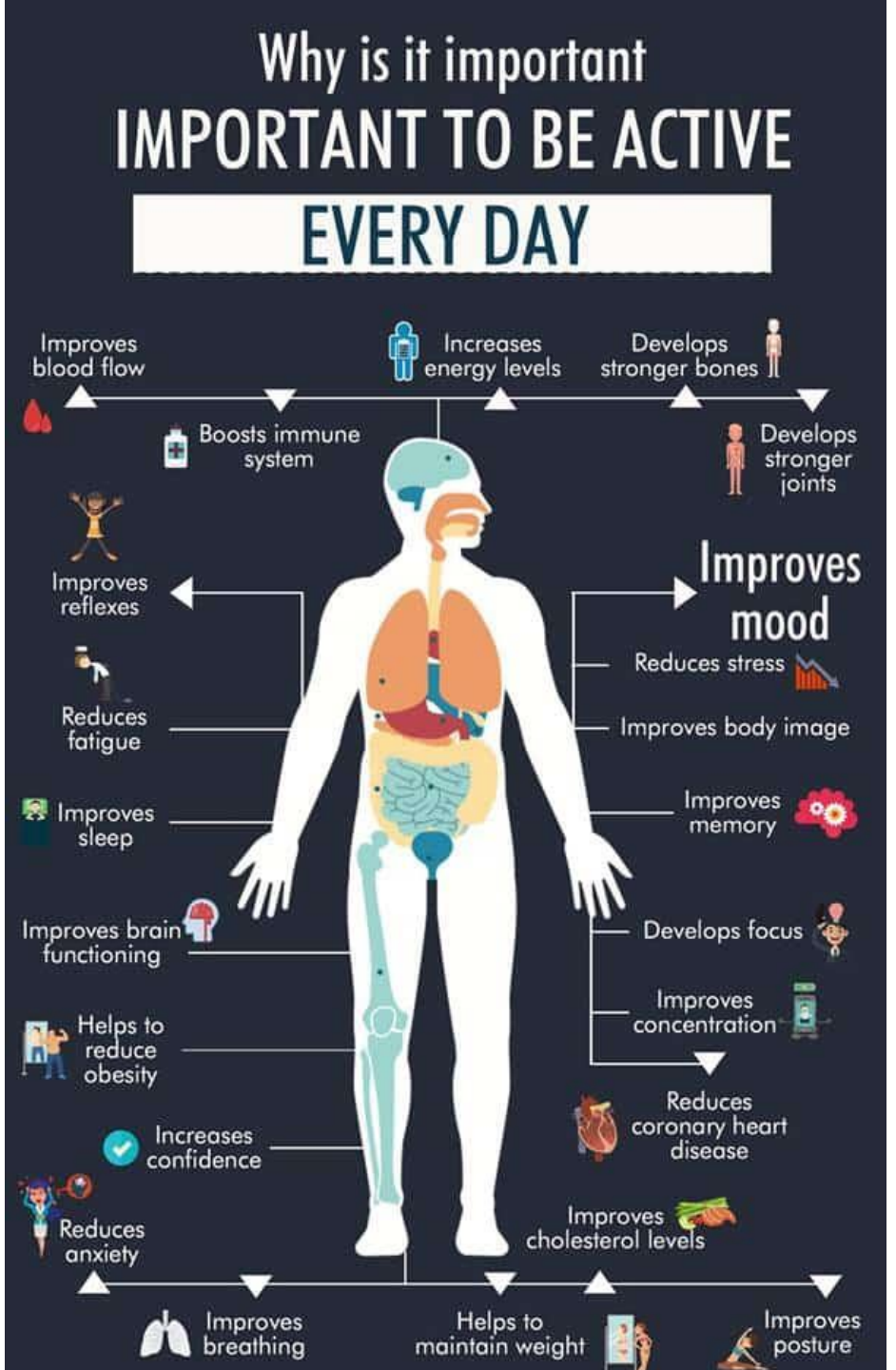

How?

Start building more movement into your day, one step at a time.

The focus here is on "direction" not "destination"

Pick activities you enjoy!

Every incremental change is a win, use these wins as energy for further boosting your physical vitality

Nudge for other healthy behaviours to follow

Set goals: Setting a goal will drastically improve your chance of reaching a desired outcome.

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WHO Physical Activity Guidelines

› Adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.

Strong recommendation, moderate certainty evidence

Moderate intensity exercise increases HR, BR, gets you huffing and puffing.
Vigorous Exercise difficulty talking.

› Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

Strong recommendation, moderate certainty evidence

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WHO Sedentary Behaviour Guidelines

Along with structured exercise it is vital that you move your body throughout the day

It is recommended that:

- Adults should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

  Strong recommendation, moderate certainty evidence

- To help reduce the detrimental effects of high levels of sedentary behaviour on health, adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

  Strong recommendation, moderate certainty evidence

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Fitness development for different fitness levels

Very poor	Poor	Fair	Good	Excellent	Superior
Even a small increase in daily activity will improve your fitness. Aim for some daily physical activity, you can start with 10-minute segments. For short trips, choose to walk or bike (e.g., to the dairy, local shops). Choose the stairs. House cleaning and gardening are great forms of daily activity	Your fitness will improve with light physical activity. Try to do some light physical activity every day, for example in 10-to-15-minute segments. Walking, swimming, biking, stretching for 15 to 30 minutes, several times a week are safe ways to start getting more active.	To improve your fitness, sometimes you need to change the intensity from light to moderate. Do some physical activity most days of the week for approx. 30 minutes a time. - Aerobic exercise 3-4 times a week. - Strength training 2 times a week.	Improving your fitness requires some physical activity almost daily and will need to include strenuous exercise regularly. Exercise on most days of the week for approx. 30 to 60 minutes at a time. - Aerobic exercise 4 times a week. - Strength training 2 times a week. -Flexibility 1 a week	Improving your fitness requires diverse training, alternating between easier and harder workouts and good management of the overall load. Exercise on most days of the week for approx. 45 to 75 minutes at a time. Include a variety of workouts to develop endurance, strength, speed, and mobility. Pay attention to sufficient recovery.	To further improve your fitness, you need to train hard and systematically alternate between hard and easy workouts. Pay attention to heart rate, HRV, sleep, recovery, and nutrition. Exercise almost daily, for approx. 45 to 90 minutes at a time. Include a variety of workouts to develop endurance, strength, power etc. Pay attention to a smart training rhythm and sufficient recovery.
Good activities: Walking Swimming Biking Gardening Poi	Good activities: Walking Swimming Aqua jogging Biking Kapa Haka Yoga	Good activities: Hiking Biking, Cross-trainer Swimming, Aqua jogging Dancing Strength training Pilates Running around with Tamariki, Kilikiti Hunting and gathering	Good activities: Jogging Biking (some hills) Ball sports Group exercise classes Strength training Pilates Waka Ama Tramping	Good activities: Running Biking (hills) Ball sports HIIT/ Cross Fit/ Interval training Pilates Stairs Strength training	Good activities: Running Biking (hills) Ball sports Strength training HIIT/ Cross Fit/ Interval training Pilates Stairs

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What is your goal? Different benefits from different fitness levels!

Well-being, health, life quality

10% increase in VO2max -> Mortality risk down by 15% and 10 more years of good quality life

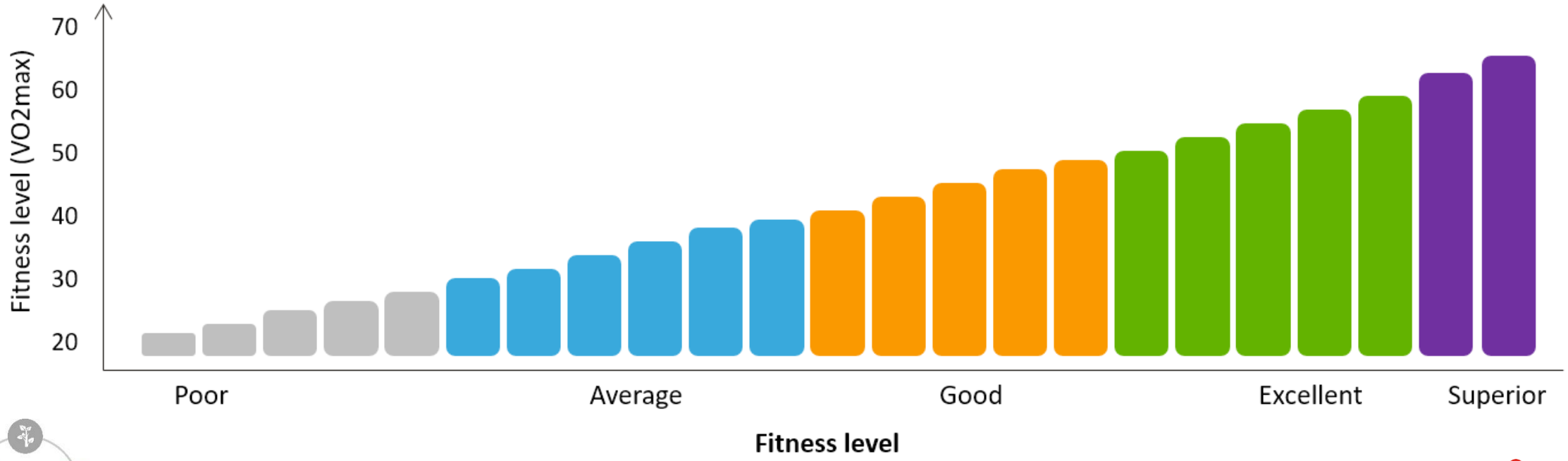
Recreational sports & fitness

Increase VO2max by 5% -> run 10km 5min faster

Top performance

Increase VO2max by 2% -> Win instead of 10th place

VO2 max, or maximal oxygen consumption, refers to **the maximum amount of oxygen that an individual can utilize during intense or maximal exercise**. This measurement is generally considered the best indicator of cardiovascular fitness and aerobic endurance



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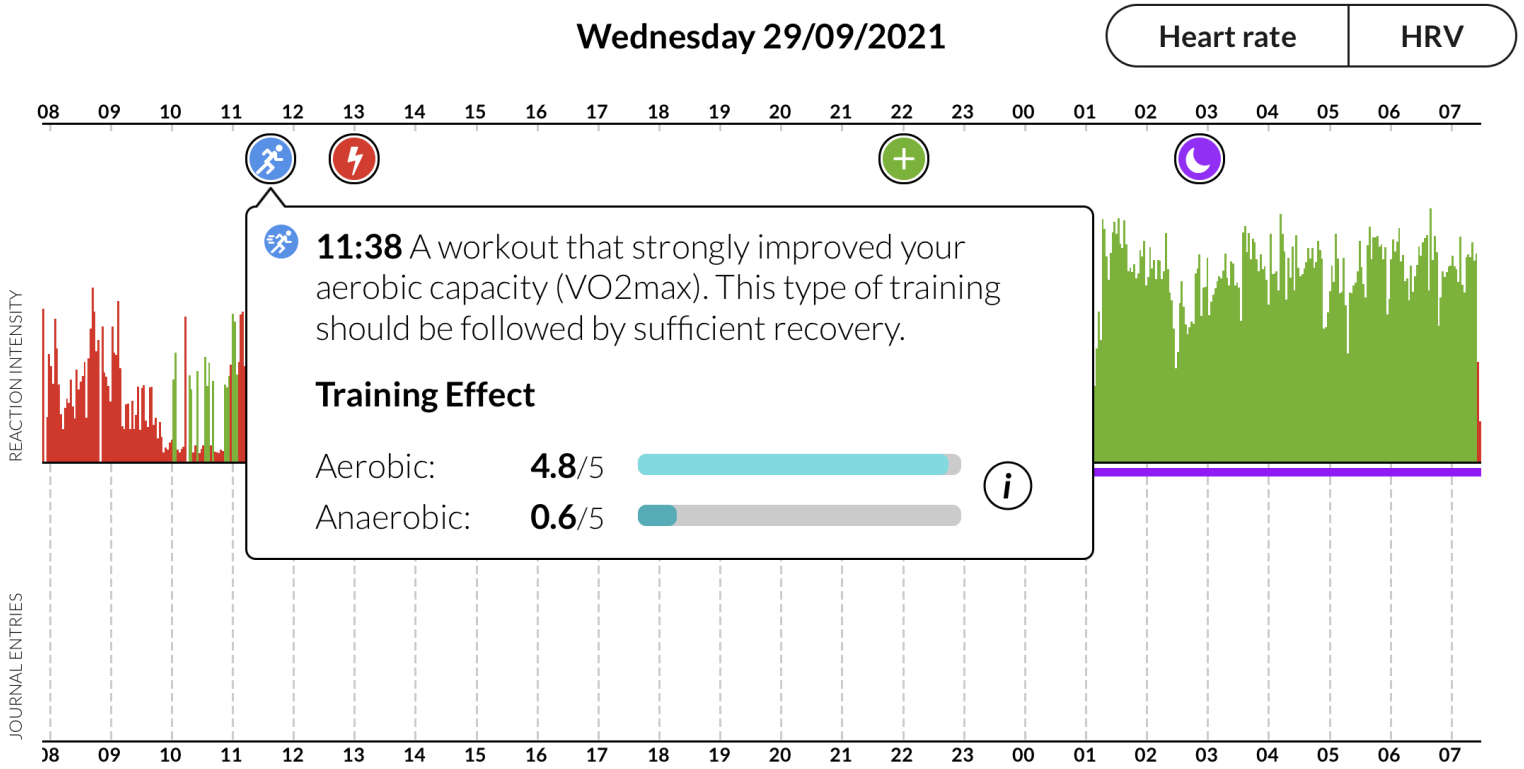
Training effect metric in the Firstbeat App



0.0 – 0.9 Insignificant
1.0 – 1.9 Minor (recovery)
2.0 – 2.9 Maintaining
3.0 – 3.9 Improving
4.0 – 4.9 Highly Improving
5.0 – 5.0 Overloading

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When?

Morning in natural light! Especially high intensity exercise

Why? Can "dampen down" our nervous system but also delay recovery during sleep.
Avoid inhibiting effect on your sleep.

During our day: All types of exercise

Evening: Yoga, stretching, core, gentler forms of exercise

If exercising in the evening: effective wind down strategies following the exercise session and at least 2 hours before bed

4-6-2 Recovery breathing

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Incidental Activity

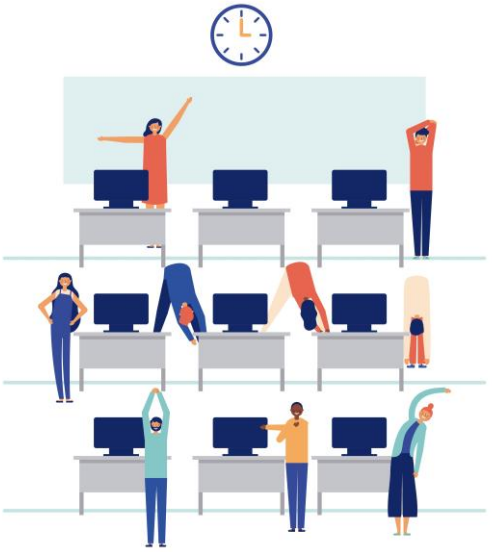
Sedentary job

Sedentary commute

Sedentary leisure activities

Breaking up periods of sitting is vital for our physical and mental health and wellbeing.
Critical we move more during our day.

Take every opportunity to be active



Why?

Productivity, alertness, concentration

Prevent chronic health conditions (CVD, Diabetes, Obesity, high cholesterol)

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The importance of recovery from training

Exercise, especially hard sessions are a stressor

With good post-exercise recovery, this leads to muscle growth, fat loss, improved insulin sensitivity, reduced inflammation, better cardiovascular fitness and health as well as better overall health and mental well-being.

The **combination of exercise and recovery** that enables us to get full benefit from exercise and sufficient recovery avoids the negative impact of a stress versus recovery imbalance.

Ensuring adequate recovery, aligning exercise with your fitness level and progressively ramping things up are three fundamental principles for getting this right!

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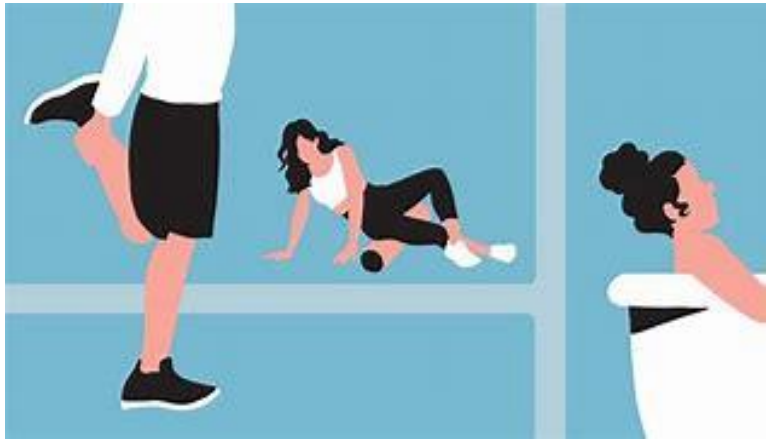
Good forms of recovery

- Warm up and cool down
- Stretching
- Rest days
- Active recovery
- Massage
- Foam roller
- Hot and cold therapy
- Nutrition! Sleep! Hydration!



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Physical activity a moderator of stress

Stress imposes a threat on the body and triggers "flight or fight" responses (mobilise energy).

Highly functional in ancient times when threats were physical ones, requiring mobilisation of physical energy to fight off the threat.

Modern society threats = emotional, financial, psychological, relational stressors

Energy being mobilised is not used for physical responses to stress and instead stored as visceral fat. Physical activity uses visceral fat!

Cardiorespiratory fitness increases heart rate variability. Resilient nervous system! Recover from stress.

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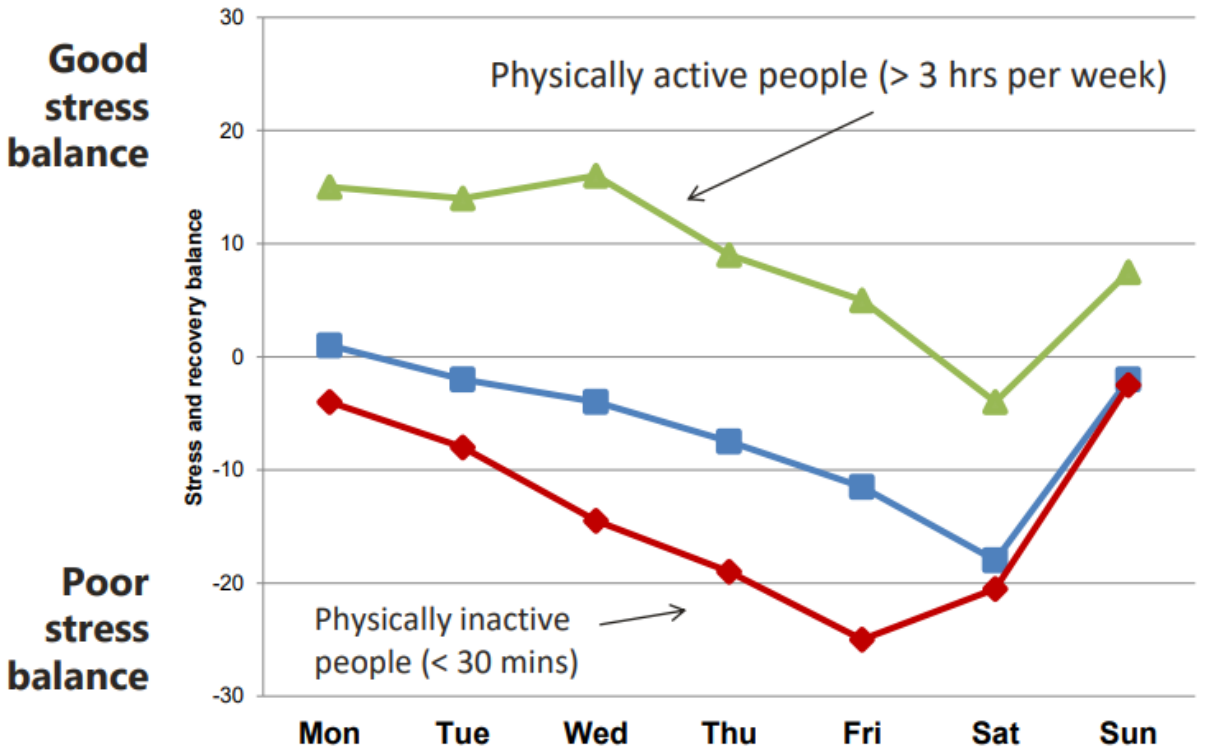
Stress versus recovery balance

BETTER FITNESS IMPROVES YOUR ABILITY TO RECOVER



- The balance between stress and recovery over 24-hr periods, in relation to physical activity
- Increasing the amount of physical activity by a couple of hours per week improves the ability to recover significantly!

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Final words

Even a small amount of physical activity daily promotes health.

Think of movement as an opportunity, not an inconvenience.

Progressively overload. Increasing your training volume or intensity too quickly can cause overtraining or injuries.

An overloaded body cannot tolerate high-intensity exercise.

Nudges?

Training partner/ group fitness/ Accountability partner/ whānau

Smart goals

Celebrate wins!

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THANK YOU

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