



THE PATH
TO GREATER
VITALITY AND
HEALTH

RELAXATION & EXERCISE

Regular physical activity can reduce the risk of developing various diseases. Exercise releases happiness hormones, which can make you happy and reduce stress and pain. Exercise also has a positive effect on the cardiovascular system and the immune system. It also promotes healthy sleep and activates the metabolism. In addition to physical activity, relaxation is also important. For more and more people, stress is a daily companion. Chronic stress can have far-reaching consequences for the entire body. For this reason, avoiding stressful situations in everyday life and incorporating regular relaxation phases is also very important.

HOW MUCH EXERCISE SHOULD I DO?

During the week, you should exercise for at least 150 minutes at moderate intensity or 75 minutes at high intensity. A combination of both is of course also possible. You should also do activities to strengthen your muscles twice a week.

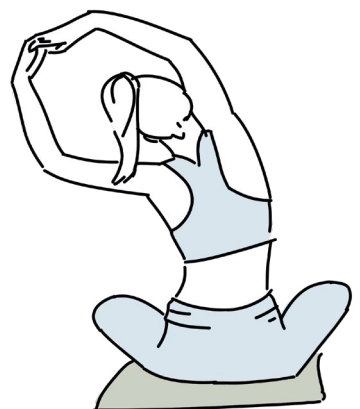
BUT WHAT EXACTLY DOES THAT MEAN?

It is best to get at least 20 to 30 minutes of exercise every day. A brisk walk or cycling to work is enough. Housework such as cleaning or mowing the lawn also counts as physical activity. Additionally, incorporate endurance activities into each week that are a bit more challenging. For example, go swimming or go for a longer bike ride or hike at the weekend that is a little more demanding. But it is not just endurance sports that are important. It is also important to strengthen your muscles. You do not even have to go to the gym to do this. Yoga and Pilates are ideal for this, as they also provide relaxation.

EXAMPLES OF PHYSICAL ACTIVITIES:

- Yoga
- Pilatis
- Strength training
- Swimming
- Jogging
- Walking
- Hiking
- Cycling
- Ball sports
- Dancing

Note: You do not necessarily have to go jogging, a brisk walk also counts as light endurance sport.



EXERCISE WITH MODERATE INTENSITY:

- Power walking
- Hiking
- Cycling

EXERCISE WITH HIGH-INTENSITY:

- Jogging
- Swimming

STRENGTHENING THE MUSCLES THROUGH:

- Strength training
- Yoga
- Pilates

THESE CONDITIONS BENEFIT FROM PHYSICAL ACTIVITY:

- Chronic stress
- Depression
- Burnout
- Cardiovascular diseases
- Dementia
- Osteoporosis
- Diabetes mellitus type 2
- Obesity
- ... and much more

In addition to physical activity, relaxation is also important. For more and more people, stress is a daily companion. Chronic stress can have far-reaching consequences for the entire body. You should therefore avoid stressful situations and engage in activities that provide relaxation.

EVEN SMALL CHANGES IN EVERYDAY LIFE CAN HELP TO AVOID STRESSFUL SITUATIONS:

- Structure and organize everyday life
- Avoid time pressure
- Allow sufficient time
- Reduce appointment density
- Digital detox (put away your mobile phone, reduce TV time)

RELAXATION TECHNIQUES

There are also various relaxation techniques that not only reduce stress, but also improve concentration and balance. These include progressive muscle relaxation, meditation, and autogenic training.

HOW CAN I INTEGRATE RELAXATION AND EXERCISE INTO MY EVERYDAY LIFE?

IN YOUR FREE TIME:

- Leave the car at home and walk
- Exercise in the fresh air
- Keep your social contacts
- Social gathering (playing games, dancing, music)
- Take time for hobbies/volunteering
- Wellness activities (sauna, massage, tanning studio)
- Read, paint, be creative

AT WORK:

- Walk during the lunch break
- Incorporate regular breaks (stretching, eye exercises, back exercises, fresh air)
- Walk or ride a bike to work
- Take the stairs instead of the lift

Combine different sports activities.

Do what you enjoy.

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