



GOVERNMENT OF BERMUDA

Department of Health

Exercise



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What is exercise?

Exercise is physical activity that is planned, structured, and repetitive for the purpose of training any part of the body. It is used to improve health and maintain fitness. It is important as a means of physical rehabilitation.

Types of exercise

- Aerobics (walking, cycling, running, dance, swimming)
- Strength building (weights, Pilates)
- Flexibility or stretching (yoga)

What are the benefits of exercise?

- Exercise can help prevent or control health concerns such as heart disease, high blood pressure, Type II diabetes, weak bones, weight problems, cancer, sleep problems, lack of energy, stress and depression.
- Exercise lengthens life and helps to slow down the normal changes that take place as we get older.

Exercise recommendations

- Begin slowly when starting out, exercising 5–15 minutes a day
- Gradually increase time and frequency until 30 minutes of exercise is reached
- Aerobics – A minimum of 30 minutes of exercise, 5 or more days per week (walking, cycling or jogging)
- Strength building – Strengthen muscles with push-ups, sit-ups, Pilates or lifting weights for 2–3 days a week
- Flexibility – 3–4 stretches for 30+ seconds, a minimum of 2–3 days a week.
- Gradually increase intensity or duration

after achieving 30 minutes of exercise consistently

Make exercise a habit

- Regular exercise is better than occasional high intensity exercise
- Add exercise in everyday activities
- Create an exercise log to keep track of your activity progression
- Choose a variety of activities that you enjoy
- Involve friends and family, pick activities that are fun

What happens if I get too much?

- Injury to muscle, tendons, etc.
- Decreased performance
- Fatigue
- Insomnia
- Diminished appetite
- Weakened immune system

What happens if I do not get enough?

- Risk of developing heart diseases
- Type II diabetes
- Obesity
- Blood clots
- Stress Issues
- Prolonged healing

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