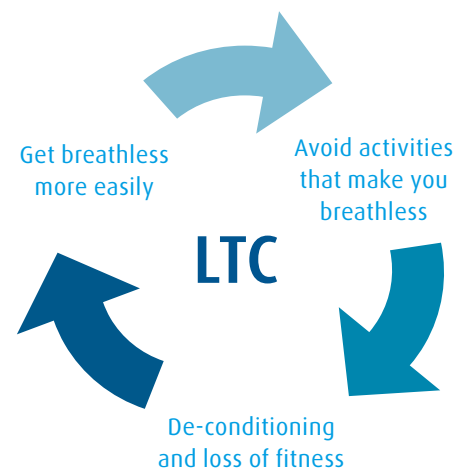


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# Exercise and a Long Term Condition (LTC).

## Reduced fitness in a LTC



## Exercise can improve

- Muscle strength
- Mobility
- Balance and reduces the risk of falls
- Endurance
- Mood and reduces the risk of depression
- Feelings of shortness of breath
- Functional ability and quality of life
- Helps to maintain bone mass (strength)

## What types of exercise?

- Moderate aerobic exercise such as brisk walking, water aerobics, tennis, riding a bike or pushing a lawn mower

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### To stay healthy, adults should try

to be active daily and should do at least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms). Strength exercises include lifting weights, working with resistance bands, push ups, sit ups and heavy gardening such as digging and shovelling OR 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) OR a mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of brisk walking equates to 150 minutes of moderate aerobic activity, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

### How hard should I work?

- It is ok to feel out of breath when exercising.
- Aim to be moderately out of breath (3-4 on the breathlessness scale).
- If you feel only slightly out of breath you can work a bit harder.
- If you feel severely out of breath, slow down.

### Important points

- Stop exercising if you begin to feel unwell or experience any chest pain, dizziness, faintness or sudden more severe shortness of breath.
- Wear comfortable clothing and footwear with low heels.
- Drink enough fluid (more on hot days).
- Always warm up and cool down.
- Avoid exercising in extremes of weather (eg very hot or very cold).
- Do not exercise after drinking alcohol.
- Wait at least 1 hour after eating a meal before you exercise.

### The breathlessness scale

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe (almost maximal)
10	Maximal

Exercise training zone