

DON'T WAIT, MOVE YOURSELF !



EBT PROVINCIA VENEZIA



Ente Bilaterale Turismo
della provincia di Venezia

E.B. TERZIARIO VENEZIA



Ente Bilaterale Terziario
Commercio e Servizi
PROVINCIA DI VENEZIA

WRITTEN BY**DONATELLA NOVENTA, SPORTS MEDICINE DOCTOR****FAUSTO MAGRO, PHYSIATRIST****ROBERTO MONTAGNANI, OCCUPATIONAL PHYSICIAN****COVER BY****MARTA MONTAGNANI ORLANDO, LA SPEZIA****RINALDO GRECO, BÄRWEILER (GERMANY)****SLIGHTLY ABRIDGED VERSION**

PHYSICAL EXERCISE, A SIMPLE AND EFFECTIVE PERSONAL PROTECTIVE EQUIPMENT TO STRENGTHEN YOUR HEALTH

Unhealthy lifestyles and the aging of our population has given rise to an unprecedented increase of chronic degenerative diseases, mostly cardiovascular diseases. Facing this situation is difficult for our national health care system.

In order to counteract cardiovascular diseases, that we may call "the epidemic of the third millennium", it is mandatory to make physical exercise available to everybody for primary prevention and also to promote physical exercise for patients as a tool of secondary prevention.

Physical exercise may be, probably the most useful tool both for preventive and therapeutic interventions. Epidemiological, experimental and clinical data show in an unquestionable way the negative effects of sedentary behaviour and the healthiness of a program of physical exercise even of low or medium intensity. Physical exercise is the best medicine in a large number of clinical conditions and to do physical exercise regularly prevents arterial hypertension, increases the flexibility of joints, strengthens muscular structures, decreases the probability of contracting diabetes, prevents/counteracts the formation of blood clots within the circulatory system and also reduces the risk of depression.

Besides contributing to the prevention of these , physical exercise is an important means of prevention of musculoskeletal disorders (MSDs), i.e. the deterioration of muscles, joints and tendons that often comes with pain, malaise and difficulty in moving.

These disorders are common among employees of many economic activities; they are not as serious as the illnesses of which we spoke above. Nevertheless, they worsen the quality of life of affected people, forcing them to reduce their activities and sometimes requiring extended medical care.

FAQ

1 BEFORE STARTING ON A PROGRAM OF PHYSICAL EXERCISE, DO WE NEED TO CONSULT OUR DOCTOR?

A well-planned program of physical exercise is usually free from side effects. Everybody can start a beneficial program of physical exercise, but in certain cases, our physician must give his advice to adapt the program to our health conditions. If we formerly had a serious accident or we are in poor health conditions, e.g. we are affected by cardiac diseases, we have got asthma, hypertension, serious illnesses of the bones, neurological illnesses or diabetes or if we suffer from pains to the chest, short of breath or dizziness or other symptoms, physical activity can be dangerous if there is no medical control. Ruled out these cases, we can say that a program of physical exercises can always start without delay. However we have "to listen to our body" and whatever ailment arises (e.g. joint pains we didn't have before), we will consult our physician and adjust the program under his directions.

2 WHAT TYPE OF PHYSICAL EXERCISES IS PROPER TO KEEP HEALTHY?

The healthy physical exercises are those which act on "Breathing" (Aerobic), "Flexibility " and "Muscular Strength".



SQUAT EXERCISES

These exercises aim also at preventing ankylosis, i.e. the freezing of joints that can start when people keep the same fixed posture for too long.

Strength - these exercises aim at increasing our muscular strength, e.g. lifting weights. We can safely lift half kilo weights up to 2.5-3 kg, going up in weight when we "feel" it is possible according to our capacities. We can start lifting a weight 3-4 times subsequently and then if everything is ok, we can increase the weight little by little.

Exercises, e.g. squat exercises, that involve more joints and not just one, are the best to build up strength. Squat is a kind of exercises that can strengthen muscles of the legs very well. This kind of squat is also the movement we do when we sit down and get up from a chair.

In order to involve more of the various bodily districts it is worthwhile to join the up and down movement of the back with the same up and down movement of the stretched arms sustaining a weight of 1,5-2 kg. This type of exercise must be repeated at least three times for every session of workout. Attention: To be able to perform a well-balanced physical exercise it is important that workouts comprise all kinds of activity (Aerobic, Flexibility and Strength).

Aerobic - to improve our breathing capacity we must do aerobic activity, i.e. a prolonged physical activity which involves great muscular groups, as swimming, rowing or cycling ; to improve breathing we can also walk at a brisk pace for 30 minutes a day or run for 30 minutes a day.

Flexibility- these are the exercises which contribute to the maintenance of a correct posture and the efficiency of joints and of the loco-motor system as a whole; these are mainly stretching (extension) exercises.

3. WHAT TOOLS DO WE NEED AND HOW WORKOUTS MUST BE PLANNED?

A few essential requirements must be kept in mind:

- we will always do at least 10 minutes of warming up and 10 minutes of final relaxation.
- the first 10 minutes of our workout will be at a low level of muscular engagement; the same must be done when we go towards the conclusion.

-we have not to exaggerate with physical exercise, it is enough to do a session of 20 -30 minutes three times a week; it is better not to do training in two following days, so that we can give good chances of recovery to our muscular structures.

-we should avoid doing intense training; because we will always be "listening to our body", we will understand when we should decrease the intensity of our muscular activity and even when we it's better to give up;

-we have to keep our body well hydrated and therefore we must drink a large quantity of water or drinks rich in mineral salts; we must remember that water in foods is generally less than half a litre and to keep our body well hydrated, an adult must drink at least 1.5 -2 litres of water or other drinks. Thirst is not a good indicator of the need to assume liquids: we need always to drink more than our thirst demands.

EASY USEFUL WORKOUTS



Recommended Tools

- a. A fitness mattress: long enough, light and easy to move, so that we well be able to change easily sites of our physical activity
- b A light wooden stick, with a preferable length of about 150 centimetres
- c. A few small weights: we propose weights of 1.5 kg as a standard reference; it is important to keep in mind that to lift big weights can be dangerous. In fact with this "suitable to everybody" program only small weights are admitted
- d. a chair (or a stool), because some exercises require a sitting position.

RECOMMENDED TOOLS



4. WHERE CAN WE MAKE OUR WORKOUTS?

Any empty space, even small such as a sheltered spot at our house or outdoors, in a garden or at a park, is all right; if our employer allows it, we can do short workouts also at workplace during breaks of our service. Recently workplaces have become also sites of short workouts in many European countries, to counteract sedentary behaviour and work related stress . To prevent stress at work is a legal duty for employers, established by the Unique Text of health and safety at work (Legislative decree 81/2008).



WORKOUTS AT THE WORKPLACE

5 WHAT PARTS OF OUR BODY MUST BE INVOLVED?

To make our workouts effective we shouldn't leave out any part of the body. We have especially to train, lengthen and strengthen the muscular groups of the trunk, abdomen, back, hips and buttocks.

Our goal must be to strengthen the supporting structure of the body, from head to toe.

The muscles of our body must be strong and flexible to enhance good health and at the same time contribute to a good performance at work. To tone up the abdominal muscles, it is very important to keep a correct posture and there always must be a good balance with a concurrent tuning up of the back muscles.

6 HOW CAN WE CHECK IF WE ARE REALLY MAKING HEAD WAY ? .



It is important to preserve a complete regularity and continuity of the program, otherwise we will not have any benefit. Weight measurements are a valid tool for checking our progress ; weight will be decreasing with a proper physical activity joined to a well balanced diet. It is then worthwhile to measure our weight in the morning, before having breakfast; we have to keep in mind that to lose a lot of weight in a short time is not possible. Another important aspect is the subjective feeling of "improvement".

In the implementation of the program we will feel better both physically and psychologically, if the workouts are made continuously and regularly. This feeling of comfort will accompany us in our daily life and we will feel less the fatigue; we will not be out of breath going up the stairs with the shopping or running for the bus to our workplace in the morning.

Here below you find a few videos with Italian subtitles ; it is a set of easy exercises proposed by the BGN Berufsgenossenschaft Nahrungsmittel und Gastgewerbe ¹, the German institution for statutory accident insurance and prevention in the hotel industry, catering and food stuffs industry. We thank a lot the BGN for the help they gave us for this work.

STRENGTHENING OF CALF MUSCLES

<https://youtu.be/acuoRSKzv3c>

STRENGTHENING OF THIGHS

https://youtu.be/hy0_pQSwlOQ

STRENGTHENING OF HIP MUSCLES

https://youtu.be/nffE_ZtRrSw

STRENGTHENING OF THE BACK

<https://youtu.be/8ShMLs1ZWLg>

STRENGTHENING OF SHOULDERS AND BACK

<https://youtu.be/5j7Dx24f0FU>

¹ <http://www.bgn.de/446>