


ADVICE AND SUPPORT IS AVAILABLE HERE

Your healthcare centre

vregion.se

You can also contact your rehab clinic or physiotherapist directly..

1177

1177.se under fliken Liv och hälsa  1177

You can get information about physical activity and Physical Activity on Prescription (PAP) here.

Online health coach

See your health coach on your mobile phone.


Download the app Mitt vårdmöte and make an appointment.

vregion.se/halsocoach

PAP support

vregion.se/fargoteborg

Notes

 This information is available in several languages

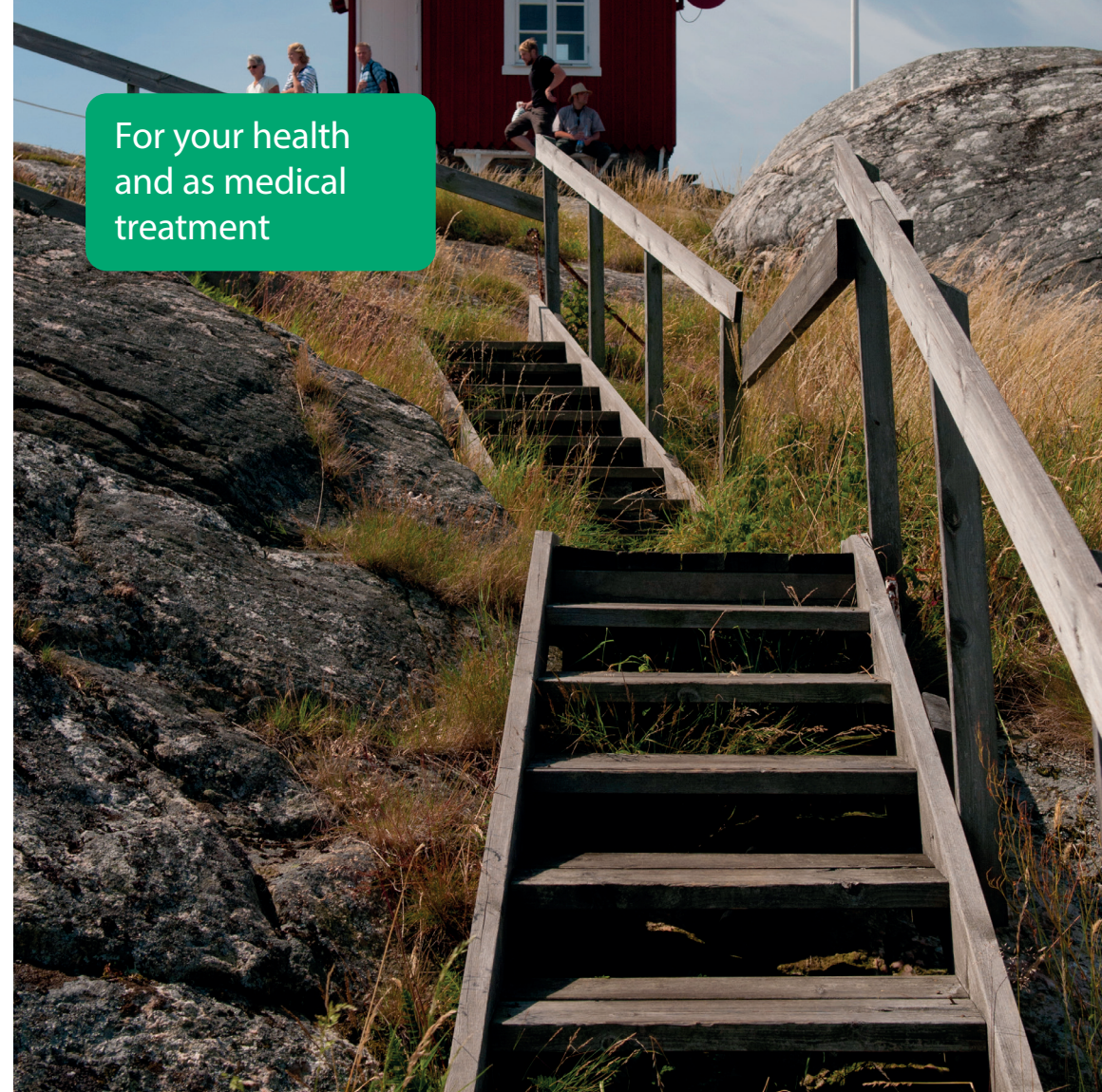
Fact-checker:

Regional therapy group Physical activity - Pharmaceutical Committee. Chairperson Anders Mellén, Consultant in Clinical Pharmacology.

June 2019 Network for Health-promoting Healthcare, Region Västra Götaland. Original concept graphical format: Center for physical activity Gothenburg VGR.

VGR14690

For your health
and as medical
treatment



Physical activity



Our bodies are made for movement, regardless of age and physical capacity. We get healthier by sitting less and moving more - and it's never too late to start!

Physical activity as a medicine

Physical activity is a good investment for life-long health. There is a clear relationship between physical activity/training and health in the context of many illnesses.

Getting started

The first step towards a more physically active life could be cutting down on time spend sitting and increasing everyday movement.

It is important that you feel comfortable with the physical activity that you choose. It maybe feels hard when you are starting to train, but after only a few sessions you will notice that you really do feel better.

If you find it difficult to get started on your own, contact a physiotherapist. They are trained in kinesthetics and can help you to find the right level for your training.

Physical activity on Prescription - PAP

- is a written prescription for physical activity that is adapted to your state of health, your life situation and your interests. In consultation with your healthcare contact you decide on the activity, the level of effort, how long and how often you do it and plan the follow-up. You pay any charges involved for the activities you take part in.

A basis for good health

We should do a total of at least 150 minutes moderately hard physical activity each week (e.g. 5 brisk walks for 30 minutes) or at least

75 minutes of hard physical activity (e.g. running, fitness classes).

We should also do strength training at least twice a week.

People over 65 will also benefit from balance exercises.

Tips to get started!

- ✓ Cut down on sitting
- ✓ Work in the garden
- ✓ Play with your children or grandchildren
- ✓ Stand up when you work
- ✓ Take the stairs instead of the lift
- ✓ Get off the bus at an earlier stop
- ✓ Take the bike instead of the car

↑ Physical training

↑ Everyday activity

↓ Sitting

Regional medical guidelines for physical activity - Adults

POSITIVE EFFECTS OF PHYSICAL ACTIVITY ON HEALTH

Can prevent stress symptoms

Reduces the risk of depression

Improves fitness

Prevents cardiovascular disease

Reduces the risk of type 2 diabetes

Increases muscle strength

Strengthens the skeleton

Can improve self-esteem

Can increase well-being

Can improve your concentration and learning capacity

Can improve your sleep quality

Can alleviate joint pain in osteoarthritis

Improves balance and coordination