

YOUR CARE POLMED

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Good medical reasons to get active today



EXERCISE = MEDICINE

LEADING AN ACTIVE LIFESTYLE:

- One of the best ways to help manage a chronic condition.
- Reduces the risk of complications related to a chronic condition.
- May also prevent the onset of chronic conditions like diabetes and hypertension.



AEROBIC EXERCISE:



Delivers more oxygen to the muscles



AND

Increases blood flow



THAT HELPS

Improve heart health



EXERCISE FOR CHRONIC CONDITIONS

Diabetes

4.5 million South Africans have diabetes, so it's important for them to properly manage the condition to reduce the risk of diabetes-related complications. These include nerve damage as well as amputations. Exercising not only helps to manage the blood sugar levels, but about one-fifth of diabetics could have prevented their diagnosis if they had led an active lifestyle.

People with diabetes need to manage their blood sugar levels. Exercising increases insulin sensitivity, which improves blood sugar control.

Hyperlipidaemia

Hyperlipidaemia refers to the high levels of cholesterol and triglycerides in your blood. These can increase the risk of heart disease, heart attack and stroke. In South Africa, 1 in 4 adults has high total cholesterol and LDL-cholesterol. LDL-cholesterol is the bad cholesterol that can damage your heart health.

Exercise not only helps to lower LDL cholesterol and triglycerides levels, but it also increases levels of HDL cholesterol, which is the cholesterol that helps to protect heart health.

Hypertension

Hypertension can increase the risk of heart attack and kidney damage, and 1 in 3 South Africans older than the age of 15 have hypertension.

Staying active and exercising can help to manage the condition and even reduce your risk of developing it, as exercise strengthens your heart.

Depression

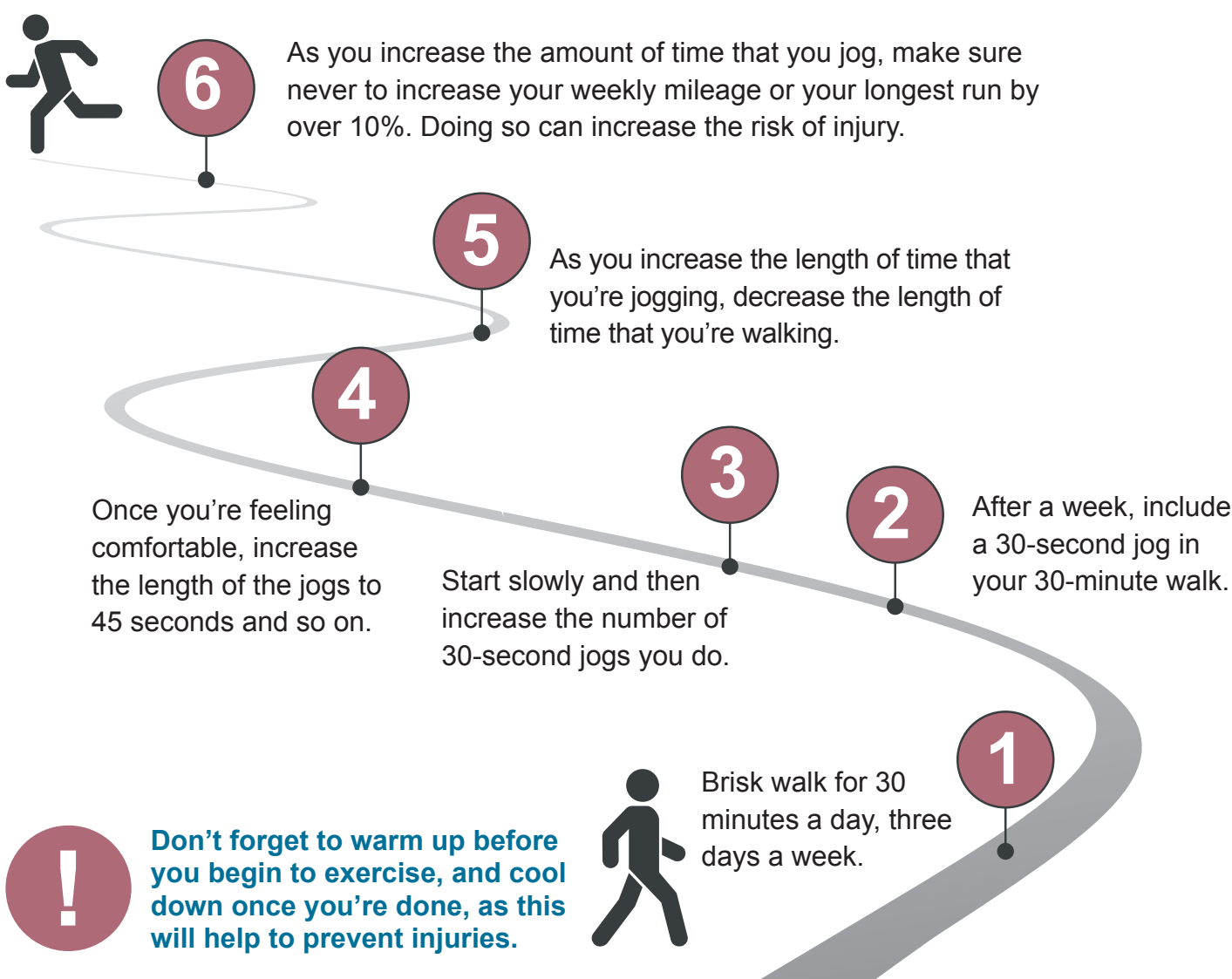
About 20% of South Africans will experience depression once in their lifetime. Exercise can help improve the symptoms associated with depression.

Exercising triggers the brain to release chemicals known as endorphins. Endorphins improve your mood and may help boost self-esteem.

EXERCISING WITH A CHRONIC CONDITION

It's important not to do too much too soon as you don't want to injure yourself. Instead, start gently. Gradually work your way up to more challenging exercises as you get stronger.

If you are new to exercise and are unsure where to start, try this exercise programme:



NOTE: If you have a chronic condition and you're taking medication, consult your doctor before starting any intensive exercise programme.

References

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