PHE – EXERCISES

Exercise is the act of making the body perform some activities.

Reasons for Exercises

- It increases the flow of blood to the muscles.
- It causes the body to excrete waste.
- It causes the body to be physically fit.
- Excess weights are removed through exercises.
- It increases ones strength, endurance and agility.

Types of Exercise

There are three (3) types of exercises to help you achieve fitness:

- Strengthening exercises: these help to build strong muscles. The muscles' strength is measured by the amount of work the muscle can do at a time. Examples are weight lifting.
- Aerobic exercises: these are exercises which improve the efficiency of your heart and lungs. They increase the intake of oxygen into the body. They also increase the rate at which the body uses energy, even when the person is at rest. Examples of aerobic exercises are walking, running, bicycling and swimming.
- Stretching exercises: these help to promote flexibility. Such exercises help in many sports and in dance. Examples are exercises targeted at specific muscle group such as arms, legs and abdomen.

Guidelines for Exercising the Body

- Exercise regularly
- Build your exercise routine around activities you enjoy
- Exercise 20 to 30 minutes a day
- Exercise daily or at least 4 times a week