

What do you need to know about Health benefits of Physical Activity

In order to practice physical activities adequately one should save a few moments of the day to work out. The best exercise for you is the one you like the most. It can be walking, running, cycling, swimming, etc. It's important to turn the physical activity into a habit. A good tip is to schedule the physical exercises to a specific time, everyday, so it will become a commitment.

Among the psychological gains, physical exercises can provide a feeling of well-being, maintain the balance, boost the mood and improve quality of life.

IMPORTANT! When systemic lupus is active, the practice of exercises should be interrupted. In order to keep the physical conditioning, one should perform physical exercises regularly.

Among the benefits of regular physical exercises are the improvement of physical fitness and sleep quality, the increase of muscle strength, decrease of fatigue, loss of weight, prevention of osteoporosis, reduction of fat (cholesterol and triglycerides) and sugar (blood sugar) levels, the control of diabetes mellitus and the reduction of blood pressure levels.





Walking plan. When to start?

Follow some steps to start walking in a healthy way:

- Choose low traffic, flat, calm and illuminated place.
- Wear tennis shoes and light clothes. Shoes, sandals and flip flops are not recommended.
- Start walking slowly and accelerate your step gradually until you achieve a comfortable speed. In the last 5 minutes, do the opposite, slow down the speed gradually.
- A good strategy is to walk 3 times a week, every other day.
- On the first week, the total walking time should be 15 minutes per day, on the second week 20 minutes per day and on the third week 30 minutes a day. From the fourth week on, the walking time should be 30 or 40 minutes per day. We don't encourage long walk or running times.
- If you can't walk for 30 or 40 minutes per day, another strategy is to walk 20 minutes 5 times a week.
- In the beginning, you may find it difficult to exercise. Do not give up! Persist and, in a short period of time, you will be better conditioned and feeling less fatigue and better. Try it out!