



What do you need know about physical activity

Did you know that moving more can bring several benefits to your health?

To get the benefits, it's important to set aside a moment in your day to get your body moving. Do the exercise you enjoy the most—whether it's walking, running, cycling, swimming, or something else. The key is to make it a habit. A great tip is to stick to the same time each day to practice it, so it becomes an essential part of your routine!

Among the benefits of regular exercise are increased energy for daily activities, reduced feelings of fatigue, improved sleep quality, and higher daily energy expenditure, which can lead to weight loss. In addition, regular physical activity can help prevent and manage health conditions such as cardiovascular diseases, osteoporosis, imbalances in blood fat levels (cholesterol and triglycerides) and blood sugar (glucose), as well as help control *diabetes mellitus* and high blood pressure.

These benefits are due to increased muscle strength and improved aerobic capacity (greater "endurance"), as well as psychological benefits such as a sense of well-being and increased energy.

IMPORTANT! During periods of systemic lupus activity, it may not be possible to exercise. Therefore, you should practice physical activity regularly to maintain your physical conditioning, while respecting your body's limits and following medical guidance.



Walking plan. How to start?

Follow these steps to start walking in a healthy way:

- Choose a flat, quiet, well-lit place with little traffic.
- Wear light, comfortable clothing. Use proper sneakers (shoes, sandals, or flip-flops are not recommended, as they increase discomfort and the risk of injury).
- Start walking at a slower pace and gradually increase your speed until you reach a moderate intensity—meaning you feel slightly out of breath but can still speak in short sentences. In the last 5 minutes, do the opposite and gradually slow down.
- In the first week, start by walking 15 minutes a day, from Monday to Friday. In the second week, walk 20 minutes a day. In the third week, walk 30 minutes a day.



The important thing is to achieve at least 150 minutes of aerobic exercise (such as walking, cycling, or swimming) per week, which can be divided in whatever way best fits your routine.

→ At first, you may find it difficult to exercise. This is normal and will improve with regular physical activity. Strength-training exercises are also recommended, as they can have protective effects on your bones, joints, and heart. It's important to talk to your doctor to adapt this type of exercise to your individual needs.

Attention: Whenever possible, seek guidance from a physical education professional for safe and appropriate exercise recommendations tailored to your needs.