

START'R



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Hello,

We found that physical activity and daily caloric expenditure are below the WHO (World Health Organization) recommendations in order to effectively combat the occurrence of chronic diseases called muscle strengthening. (diabetes, cholesterol, hypertension, low back pain, ...).

The practice of a physical activity, a reduction in the time of inactivity and advice on dietary adaptations can, without medication, protect you against the occurrence of chronic diseases (diabetes, hypertension, ..), improve your health by reducing your risk factors and boost your physical and moral well-being.

I recommend that you carry out an assessment of your state of fitness in order to suggest some changes in your lifestyle habits that are favourable to your health.

While waiting to do this assessment, you can start a physical activity program and change a few habits by moving more every day and, if you smoke, try to start a smoking cessation.

For example :

- The first month, go for a walk (why not with the children or the dog?) 3 times 20 minutes a week.
- The second month, park 15 minutes walk from work 3 times a week and then, once a week, ensure 30 minutes of active walking.
- Thereafter, to motivate yourself, choose an activity that you enjoy and that allows you to « get moving ». Don't hesitate to find out about existing sport health clubs or associations around your home !

I remain at your disposal to help you in your approach which is made to help you fight against sedentariness, 4th cause of mortality, and to allow you, if need be, to receive advice in order to modify your sedentary life habits.



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