

# RECOMMENDED LEVELS OF PHYSICAL ACTIVITY AND HEALTH



Health is a state of complete **physical, mental and social well-being**, not only the absence of disease.

Recommended levels for physical activity for health (according to **World Health Organization**)

5-17 Years:

- At least 60 minutes of moderate- to vigorous-intensity physical activity daily.
- Types of exercises:
  - Aerobic activities.
  - Vigorous-intensity activities should be incorporated at least 3 times per week.
  - Flexibility exercises.

18–64 Years:

- At least 150 minutes of moderate-intensity aerobic physical activity. At least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.
- Types:
  - Aerobic activities
  - Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.
  - Flexibility exercises

Benefits:

- Healthy bones, muscles and joints
- Healthy cardiovascular system
- Develop neuromuscular awareness (i.e. coordination and movement control)
- Maintain a healthy body weight.
- Psychological benefits: control of anxiety and depression.
- Social interaction and integration.
- Higher academic performance at school.

# COMPONENTS OF PHYSICAL FITNESS



- ENDURANCE
- STRENGTH
- SPEED
- FLEXIBILITY

# ENDURANCE

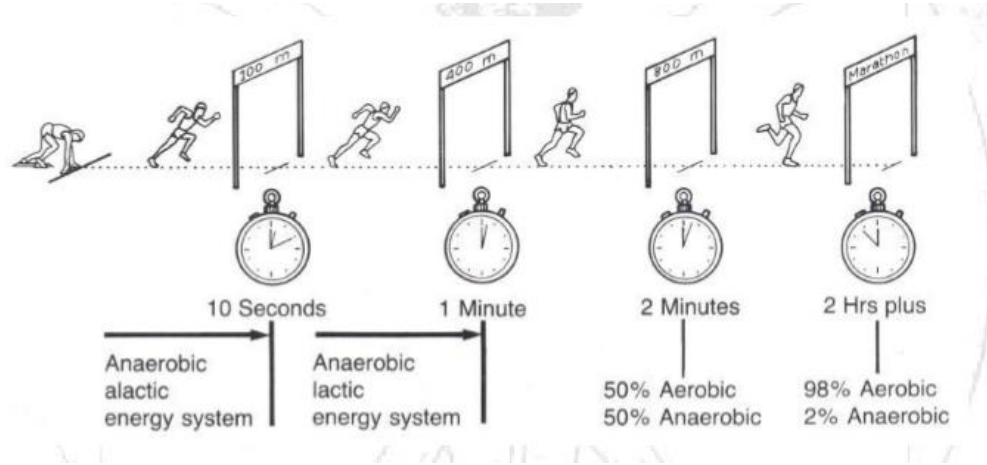
- Concept → It is the capacity to sustain an effort during the maximum time possible.

- Types:

- a. Aerobic endurance
- b. Anaerobic endurance

- Training Methods:

- a. Continuous training
- b. Fartlek training
- c. Interval training
- d. Circuit training





# STRENGTH

- Concept → It is the ability to overcome a resistance (weight) through muscular contraction . The weight can be external (the weight of a mate, a medicine ball, a dumbbell) or your own body weight (when doing sit-ups, push-ups, pulls ups).

- Types:

- a. Maximum Strength
- b. Explosive strength
- c. Muscular endurance



- Training Methods:

- a. Circuits
- b. Weightlifting
- c. Plyometrics
- d. Isometric

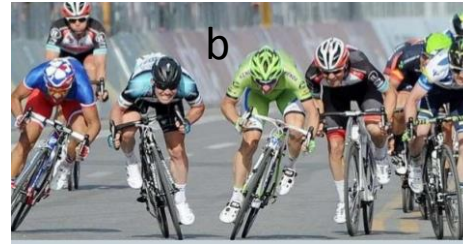


# SPEED

- Concept → It is the ability to do one or more movements in a short period of time.

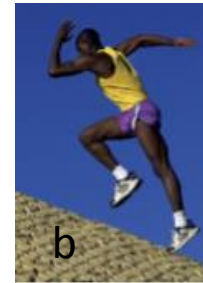
- Types:

- a. Reaction time
- b. Displacement speed
- c. Movement speed



- Training Methods:

- a. Repetitions
- b. Running uphill and downhill
- c. Plyometrics
- d. Specific sport loading movements to develop specific speed. (Parachute, belts...).
- e. React to a visual or auditory stimulus to improve reaction time



# FLEXIBILITY

- **CONCEPT** → It is the ability to have a wide range of movement with any part of your body. It is also called suppleness

- **TYPES**

- a. Dynamic flexibility
- b. Static flexibility



- **Training Methods**

- a. Active
- b. Passive
- c. PNF



# PRINCIPLES OF TRAINING

- **OVERLOAD (sobrecarga):** to improve our fitness level we need to work harder than normal. The body will adapt to the extra stress and we will become fitter.  
Healthy exercises should be:
  - 60-85 % MHR
  - 120-185 BPM
  - 30-60 min/ session
- **CONTINUITY (continuidad):** if we stop training we will lose all adaptations.  
As a rule:
  - 3 sessions / week to keep current level of fitness
  - 4 or more sessions / week to develop it
- **PROGRESSION:** increase training gradually.
  - Volume: total amount of exercise we do (time, number of repetitions, distance)
  - Intensity: less rest, more speed, more weight.If the volume of exercise is high, then the intensity is low.

