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ACTIVITY GUIDE





- **BIG DIGITS**
- **MEAL MARKERS**
- **EASY HANDLING**

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Dear readers,

this guidebook shall not only motivate diabetics but also elderly persons in the full sense of the word to bring again more momentum into the daily life.

For me, this guidebook is more about awareness raising for regular physical activities than general information on training methods. All physical activities, which can be done in daily life, are more valuable for health than one single sports unit, for hours, per week.

To identify the need for daily activity, I had a look at the actual state. On the following pages you will read, among others, how much activity per day are recommended or when you actually refer to a lack of exercise. Is there a lack of exercise in Austria? Of course, I also give some practical tips, which are easy to be integrated into the daily life.

Have fun while reading and implementing my tips!

With kind sporty regards
Ing. Ronald Ertl, Acad.Body Vitaltrainer, Personal Fitness Trainer
and the MED TRUST Team

Which activity recommendation should we implement?

The subsequent recommendations of the WHO apply for healthy adults and elderly persons, who have not got a sport prohibition from their doctor.

Complying with the recommendation will support health and strengthen the immune system. They are also important for persons suffering from chronic diseases such as e.g. asthma, hypertension or diabetes.

Pregnant women and women immediately after delivery as well as persons suffering from specific health disorders, such as heart diseases should take especially care and consult a doctor, before they implement the activity recommendations.

For strengthening and maintaining health:

Per week 150 minutes activity with average intensity

or

Per week 75 minutes activity with high intensity

or

Per week a combination of activity with average and high intensity

or

On two or more days of the week muscle training of the large muscle groups (thoughs, chest, buttocks and wide dorsal muscle)

Remarks:

- Ideally the units are split up on several days per week.
- Each unit lasts without break at least ten minutes.
- The activity units can be manifoldly compiled and added.
- The distribution of activity units on several days reduces the injury risk.

For an additional health benefit:

Per week 300 minutes activity with average intensity

or

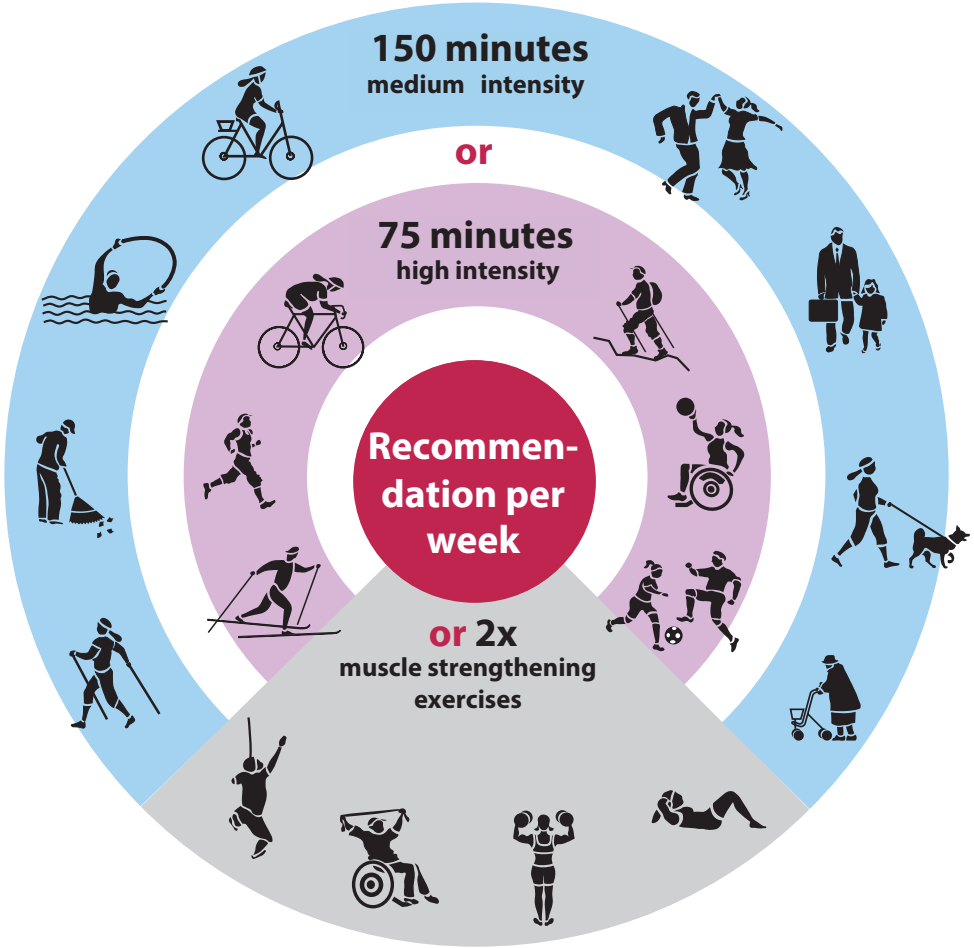
Per week 150 minutes activity with high intensity

or

Per week a combination of activities with average and high intensity

Remarks:

- Elderly persons, who due to disorders are not able to achieve these recommendations any longer, should do as much activity per week as their disorders allow it.
- Regular activity maintains or improves the sense of balance and reduces the risk of falling.
- In comparison to other age groups, elderly persons make the fewest physical activities, this is why a regular activity is all the more important.



Medium intensity means that the respiration is slightly accelerated, while of the movement but still spoken can be. Duration: 150 min = 2½ h Recommended for beginners.

Higher intensity means that one has to breathe deeply and only short word exchanges are possible. Duration: 75 min = 1¼ h

Muscle-building exercise aims to strengthen the large muscle groups of the body by using your own body weight or aids (e.g. Thera bands) as resistance.

Source: Public Health Portal Austria

Table 1 provides general examples for activities with average and high intensity - the activity recommendations can be achieved.

Activity with average intensity	Activity with high intensity
Fast walking	Jogging or running
Gardening	Cross-country skiing
Hiking	Bycycling
Nordic walking	Mountain hiking
Water gym	Cardiovascular training on exercise equiments
Dancing	Swimming

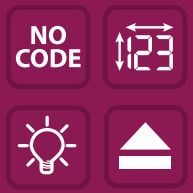
Table 1: example for physical activities with average and high intensity

Table 2 shows examples of health effects with regular physical activity of adults and elderly persons.

Activity with average intensity	
Reduced risk of	Ischemic heart diseases
	Stroke
	Hypertension
	Metabolic syndrome
	Diabetes mellitus type 2
Reduction of	Blood lipids
	Depression
	Weight and/or abdominal fat
Improvement	Cognitive functions
	„activities of the daily life“ (elderly persons)
	Sleeping quality

Table 2: consequences on health by regular physical activity of adults





- NO CODE
- KETONE MEASUREMENT
- ILLUMINATED TEST STRIP PORT

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When do we speak of a lack of exercise?

Lack of exercise exists, if the weekly activity recommendations are not achieved. In more sporty or medical words, you suffer from lack of exercise, if the use of muscles is chronically below certain stimulus threshold. If you wish to maintain or increase the individual performance, exceeding this stimulus threshold is necessary.

Above all in industrial countries, by the fast and permanent further development of technology of the recent 100 years, lack of exercise became the widespread disease or cause of disease number 1.

Genetically the human being is a „running animal", who nowadays became rather a chronic „seater" and above all „head worker".

During Stone Age the human being walked daily about 30 to 40km as hunter and collector. Nowadays, the daily „walking performance„ amounts to about 4km. This trajectory means, according to the step length, about 6000 steps per day, which strengthens health. The recommendation of the WHO currently is 10,000 steps per day, if you wish to improve health in the long run and permanently.

The innovations of technical work tools take off more and more physical work from the human being. Cars, elevators and escalators help to reach the destination quicker. Therefore, the energy proportion, which is made available by physical activities, decreased from 90% to below 1%.

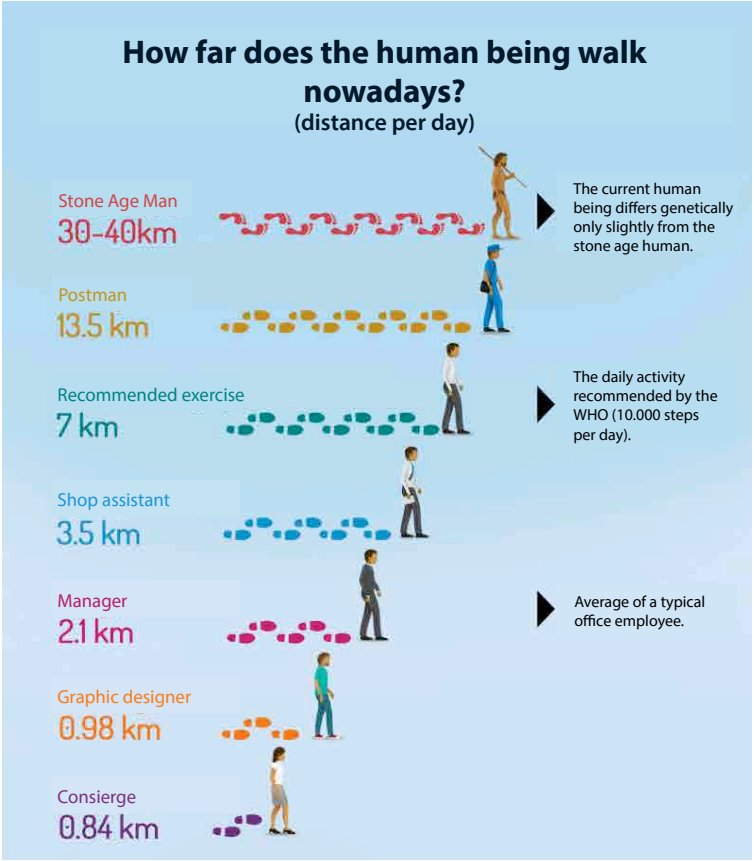
The imbalanced way of life and passive leisure time behavior (e.g. computer, smartphones) increases the consequences due to a lack of exercise, which is even worsened by wrong nutrition, addictive behavior (e.g. cigarettes, alcohol), daily psychological stress and an increasingly headoriented work.

This convenience has its pitfalls, as evolution and our genetic material does not make provisions for us for a life without activities. The director for sports medicine at the University of Mainz, Prof. Perikles Simon, has summarized this problem as follows:

„The human being has actually been created to walk long distances. However through the modern way of life, there is nearly no space for activity in our daily life."

Sufficient activity is consequently an essential basis for our health.

For actively strengthening our health, it is not necessarily required to make competitive sport overnight. Much more important is to integrate moderate activities into the daily (work) life and to automatize important activity habits. The existing possibilities will follow in the chapter „My activity tips for the daily life".



Source: Ergotopia

What is the current health state of the Austrians?

From October 2013 until June 2015 Statistik Austria organized, upon request of the former Federal Ministry for Health and the Federal Agency for Health, an Austrian-wide evaluation of „health" by means of the current „Austrian Health Survey 2014".

The health survey includes 3 main topics:

1. Work-related physical activity
2. transport-related activity (on foot or by bike)
3. Physical activity in leisure time

Results of the health state of the Austrians

200,000 men and 305,000 women were severely impaired in their activities of the daily life due to permanent health disorders.

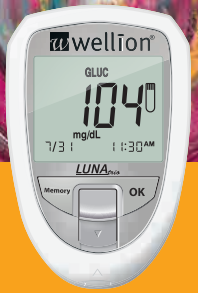
1. Hearing problems in loud rooms (in spite of hearing aid)
2. Problems while climbing stairs
3. Walking problems on flat surface without walking aid
4. Hearing problems in silent rooms (in spite of hearing aid)
5. Visual problems (in spite of visual aid)

249,000 persons over 65 years (84,000 men and 165,000 women) report on problems while independently fulfilling at least one of the following basic activities of daily body care and while providing and caring for oneself:

1. Getting up and sitting down
2. Bathing and taking a shower
3. Putting on and taking off clothes
4. Using the toilette
5. Eating and drinking

Doing independently important activities such as running the household was difficult for 433,000 persons over 65 years due to health problems:

1. occasionally tough household chores
2. do the shopping
3. light household chores
4. prepare meals
5. financial and administrative matters

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• WITH 10% UREA FOR EXTRA INTENSIVE CARE

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Results of the health state of the Austrians:

About half of Austria´s population does sufficient activity according to the recommendations of the WHO (150 minutes per week).

- Men were herein slightly more active with 52% than women with 49%.
- One in three persons complied with the criterion of the WHO (300 minutes per week) or did exercises at least twice a week for muscle building and strengthening, men with 36% slightly more often than women with 29%.
- About one fourth of all persons complied with both criteria of the WHO.

My activity tips for the daily life:

For those who have already asked themselves how my recommendations for more activity in daily life look like, they will find now the important lines. Like so many things also here everything begins in the head. The head must also be trained by means of different coordination, concentration and memory exercises.

First of all shorty mentioned that I deliberately refrain from providing kinds of sport training or training methods. There are many books on this topic, which were certainly already read and studied by sport-interested persons. **After having consulted the doctor, virtually all training variants or sport types are possible. The most important thing is to provide for the case of hypoglycemia.** Further information is available in our separate hypoglycemia guidebook.

My tips can be easily integrated in daily life without difficulties or professional knowledge. On the one hand, to become again a „running animal", which will bring about numerous positive health benefits. On the other hand, the more physical activity you do daily, the easier and better you will manage daily life – according to the slogan: „a rolling stone gathers no moss".

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1SHOT


WITH VANILLA FLAVOUR
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Tips for coordination, concentration and memory training:

1. Use daily routines such as e.g. brushing teeth, combing hair or serving a beverage and use once the other hand. So the simpliest things will be a challenge right at the beginning.
2. Stand on a rolled up towel while washing your hands or face to sharpen your sense of balance.

3. Do another puzzle every day (crossword-puzzle, number puzzle, search image puzzle,…)
4. Change from time to time your sitting position, when you are sitting during a longer time. This will increase your concentration and you keep on moving and your joints are kept flexible.

5. Associate names of persons or other things, which are hard to remember, with objects at home. Whenever you see the object, think of this person and the name until you will remember it. At the beginning small sticky notes can help.
6. Memorize 3-5 things which are around you (objects which you see first, types of cars, which pass by, colours of clothes of persons, who pass by,….) and repeat them lateron. Do you still know the things you did yesterday or even last week?

Tips for endurance and muscle training:

1. Do the shopping consciously several times, then your shopping bags will not be so heavy. Your back and your legs will benefit.
2. Use often the stairs instead of escalators or elevators in your workplace, railway stations or shopping centers. This is how your legs and buttocks will stay firm.
3. Park your car consciously farer away from your entrance gate or entrance of shops or restaurants and enjoy walking some steps more instead of being annoyed about the fact that the parking place in the first row is occupied.
4. Get off regularly 1 or 2 stops earlier from bus or tram, when you travel by public transport through the city. If you vary your speed during the subsequent foot march, your legs will get different training stimuli.
5. While you are speaking on the phone walk up and down or stand up at least. While using a pedometer, you will be surprised how many steps you go during a 10 minutes phone conversation, not to mention an „hourlong" phone conversation. Unconscious actions such as stretching or gesticulating during the phone call promote additionally the thinking process.
6. Go personally to your conversation partner in your proximity (at home or at work) instead of writing a message (SMS, email,…) or calling. Misunderstanding in communication will be avoided and at the same time it will bring about a timely benefit at work or stresses less your nerves at home.
7. Start now and reduce your daily sitting time. If you take public transport only during short time, staying promotes your sense of balance.



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- **SMALL AND HANDY**
- **LARGE NUMBERS**

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8. Nice conversations with a friend during a walk in the nature. The well-being will increase only by the varying surrounding in nature and this will relieve daily stress quicker.

Bear in mind that according to person and age, it will take at least 3 weeks up to nine months until new and modified movement habits will be automatized in daily life.

Sport injuries – 4 basic rules for the first aid.

Why I consider this topic important for the guidebook is that injuries are either produced by external violence impact or by excessive body use. If a doctor e.g. sees a swollen ankle, he cannot determine, if this injury was caused while exercising sport or during a daily activity.
For the first aid in case of a sprained ankle and in many other injuries there are four basic rules for first aid.

1. cold application
2. compression
3. put up
4. immobilisation

1. Cold application:
In sports freezing sprays or ice pack as cold treatment are used. Since not every household has it available, it also helps to hold the injuried part of the body into fluid cold water or cover it with cold moist linen wrappings. The cold stimulus contracts tissue capillaries. Consequently, no further blood smear into the tissue takes place and a swelling is prevented. Additionally, by means of the cold treatment the pain receptors in the organs are soothed, this has a soothing and analgesic effect.

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Blood pressure monitor for the upper arm


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2. Compression:
A compression bandage will press the injured tissue at such extend so that no further blood or tissue fluid will smear into the surrounding tissue. Therefore, we recommend to always apply a compression bandage for injuries, if possible, in connection with cold treatments. On the ankle the bony edge has to be covered with a foam insert in u-form or another soft material, so that the pressure will be exercised on the surrounding soft tissue and not on the bone.

3. Putting up the feet:
Putting up the injured body part higher than the heart. Through the higher position of this body part, the venous blood return towards the heart is faciliated. The deposited fluid can consequently be better absorbed in the blood stream and the swelling will disappear or not even appear.

4. Immobilization:
The immobilization is the oldest and most important treatment principle in medicine, which can be used in all diseases. A compression bandage and putting up the injured body part will simultaneously also immobilize the injured body part. By means of a fast and consequent immobilization, a worsening of the injury can be avoided.

These basic principles you will also find in the so-called **R-I-C-E** rule.
R - rest I - ice C - compression E - elevation

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