



Don't just sit,
get up and be fit!

HEALTHY FACULTY

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▶ Do you consider yourself a healthy person?



▶ Do you take the stairs if you have to go to the **second** floor?



▶ Did you actually take the stairs to get here?



▶ Do you come to the university by bike?




▶ Are you physically active during a break?



▶ Do you exercise 3 times a week?



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- ▶ What does being healthy mean?
 - ▶ When are you physical active enough?

NNGB At least
30 minutes of
moderate intense
physical activity
between for a
minimum of 5
days a week



Fitnorm At least
20 minutes of
heavy intensity
physical activity
for a minimum of
3 times a week

Combinorm
(NNGB
and/or
Fitnorm)

Consequences physical inactivity

Increased risk of:

- ▶ Mortality
- ▶ Coronary heart disease
- ▶ High blood pressure
- ▶ Stroke
- ▶ Metabolic syndrome
- ▶ Type 2 diabetes
- ▶ Breast cancer
- ▶ Colon cancer

Benefits physical activity

- ▶ Enhances subjective well-being
- ▶ Less depression and stress
- ▶ Lower levels of fatigue
- ▶ Less doctor appointments
- ▶ Enhances self-esteem and mood
- ▶ Relaxing
- ▶ Better study results!

Why would you be physically active?



Setting goals..



E.g. During this school year, I will take the stairs at least twice a day when I am at the University

Questions?

