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?
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?