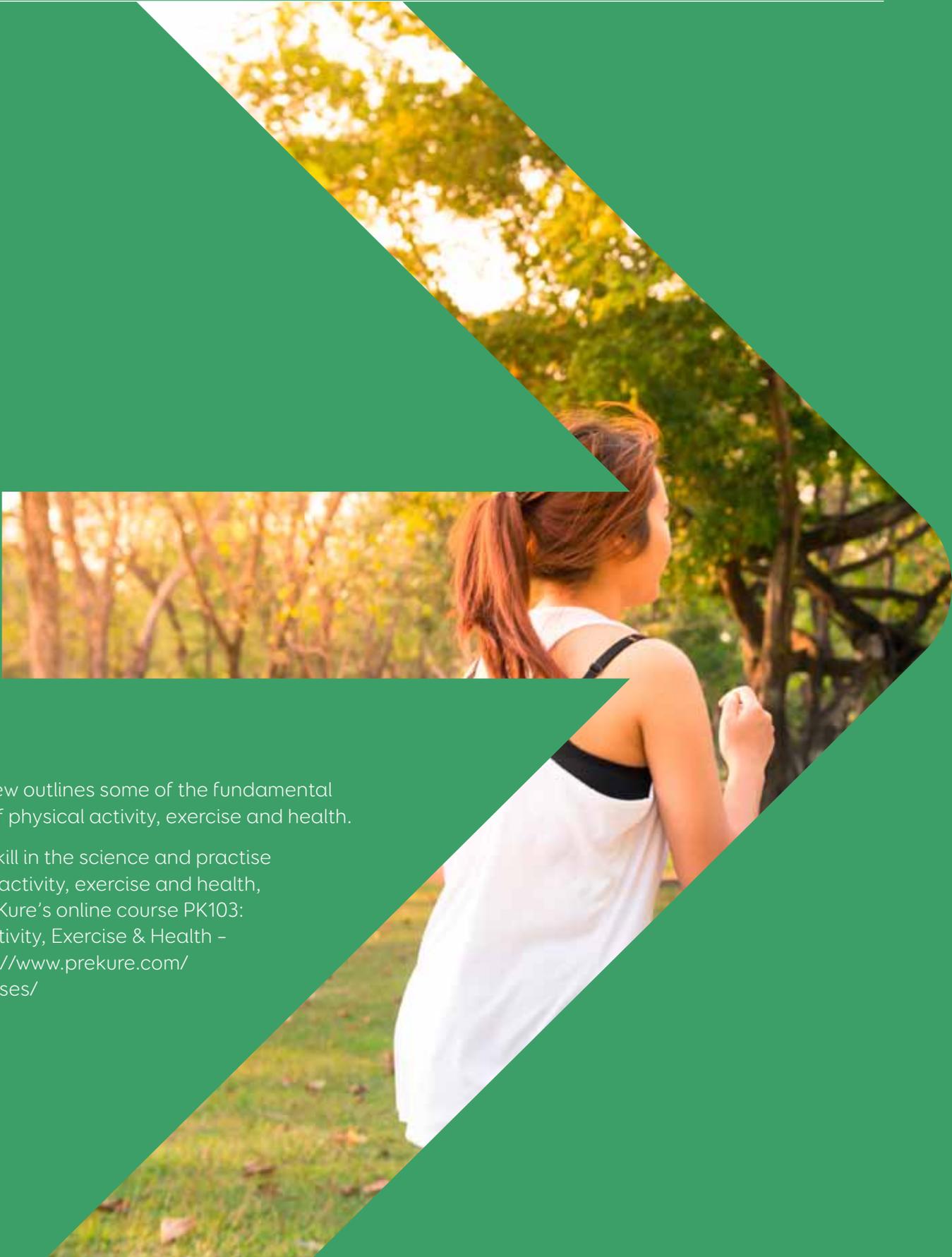




# Physical Activity, Exercise and Health

Be the Health Coach, PT, caregiver or wellness specialist your clients deserve.





This overview outlines some of the fundamental concepts of physical activity, exercise and health.

To fully upskill in the science and practise of physical activity, exercise and health, enrol in PreKure’s online course PK103: Physical Activity, Exercise & Health – go to <https://www.prekure.com/online-courses/>

# Prevention before cure.

PreKure is a social enterprise that exists to inspire the medical profession to become more focused on disease prevention.

The current health system is failing sufferers of chronic disease—we need Health Coaches to help solve the problem. By completing our online courses and becoming a PreKure certified Health Coach, you can support people in making the critical lifestyle changes required to dramatically improve their health and hauora/wellbeing.

**Together we can change medicine.** Prevention is cure.  
Lifestyle is medicine.

# The benefits of physical activity and exercise



**A large portion of today's general population already has, or is expected to develop, a chronic disease or condition.**

Regular physical activity can reduce the risk of developing a new chronic condition, reduce the risk of progression of the condition they already have, and improve their quality of life and physical function.

The benefits of physical activity can be achieved in a variety of ways. Even if you already meet the guidelines of >150 min/week, then additional benefits can be achieved by doing more and gaining more above the substantial benefits you already enjoy.

## TOP TIPS

- Do at least 2.5 hours of moderate or 1.5 hours of vigorous physical activity every week.
- For extra health benefits, aim for 5 hours of moderate or 2.5 hours of vigorous physical activity weekly.
- Do some muscle-strengthening activities at least 2 times/week.
- Get enough sleep.
- Have a regular bedtime and wake-up time.
- Trade indoor time for outdoor time.
- Replace sitting time and light physical activity with more moderate or vigorous physical activity.



*Physically active individuals sleep better, feel better, and function better (executive function and reduced depressive symptoms), as well as everyday physical function."*

2018 SCIENTIFIC REVIEW (USA)

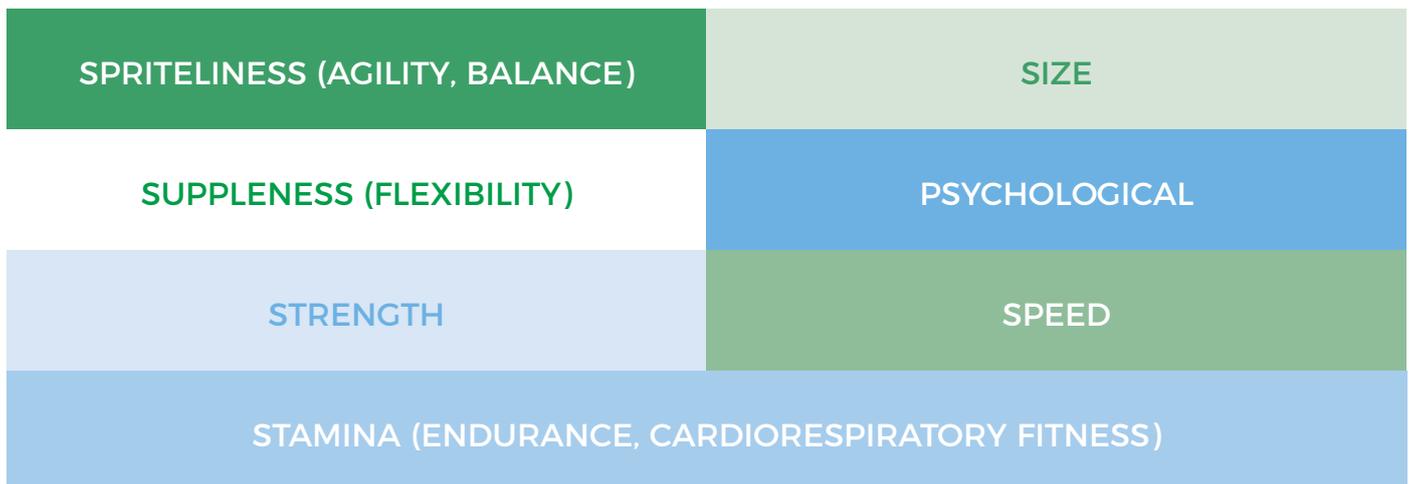
### THE PREKURE FITNESS GUIDELINES

1. Organise your life to include lots of moving and less sitting.
2. Exercise in an easy (aerobic) way everyday and whenever you can. Do as much as you can fit into your lifestyle, but keep it really easy.
3. Exercise in a very hard (anaerobic) way a couple of times a week, go hard but for not that long.
4. Lift heavy things (strength training) and use your body weight as resistance a couple of times a week.
5. If you are tired from exercise, have a rest. Recovering from the stress of exercise is how your body rebuilds and gets fitter.
6. To keep being fit and active, you should find something you enjoy and can do with others. That way you will keep doing it.



## 7 COMPONENTS OF FITNESS

What do we actually mean when we're talking about being physically fit? Here's a framework for exploring the components of fitness.



- Spriteliness**  
 Especially as we get older, our ability to balance and move around with some agility is a core component of fitness. Different sports have different requirements for agility (e.g. football, tennis) and balance (e.g. gymnastics).
- Size**  
 In some sports/activities people need large muscle mass to be able to perform well.
- Suppleness**  
 The ability to move through a range of motions is crucial for some activities, such as swimming.
- Psychological**  
 The psychological set of skills required to do the activity.
- Strength**  
 The ability to move heavy things, or repeat under resistance for a longer period of time.
- Speed**  
 The peak velocity you can reach is a key part of being fit.
- Stamina**  
 Endurance: we can work within all of these components of fitness, but the one humans were designed for is endurance.

## Get motivated!

To make exercise enjoyable, a natural part of life and something that you or your clients can keep doing year after year, there are a number of basic components to consider.

### These are the basic principles of program design:

- **Progress, not perfection**  
Training stresses the body and it adjusts by rebuilding itself – stronger, faster and more flexible. In order to do that we need to be progressive and keep pushing the limits.
- **Adapt to improve**  
You can only progress if you rest enough to be able to adapt to that change. So give yourself a break sometimes and let the body recover.
- **Rest**  
Cycle in and out of effort, hard and easy training, stress and recovery. It allows that adaptation to happen over days, weeks, months and even years.
- **Use it or lose it**  
If you don't progress forward, the body adapts to that and you'll get less fit.
- **Where to next?**  
People will have different goals, and different strengths and weaknesses, that need to be taken into consideration when designing the program.

### TOP TIP

Work with your client (or yourself) to find the best opportunities for exercise throughout the week.

Perhaps you don't particularly like getting up early in the morning to exercise, but you could bike to and from work. Or, it might be easier to fit in a lunchtime walk or class, than doing a session at night.

# PreKure functional movement 2-minute workout

## *Functional movement training principles*

We have divided the basic “natural” movements of humans into four categories. These can be carried out in a continuous, 2-minute movement to stretch and open the body up in movement and flexibility patterns, which help joint, back and spinal health.

1. **Posture – stretch and stand tall**
2. **Squat – deep squat and stretch**
3. **Crouching and lunging**
4. **Cross-legged sitting**

### STRETCH AND STAND TALL



### DEEP SQUAT AND STRETCH 1



### DEEP SQUAT AND STRETCH 2



**PREKURE  
FUNCTIONAL MOVEMENT  
2-MINUTE WORKOUT**



## Online course PK103: Physical Activity, Exercise & Health

Update your knowledge and stay abreast of the latest trends and research in exercise and health. You'll discover the latest techniques for longevity and optimal health, and gain a valuable understanding of the science of fitness. Keeping fit is a critical part of helping your clients and/or patients be the best they can be.

This course is designed to give health coaches, personal trainers, caregivers, and wellness specialists the latest knowledge, and the tools they need, to prescribe exercise programs for any age and life stage.

Sign up today at <https://www.prekure.com/online-courses/>



*I found Prof. Grant Schofield's extensive knowledge on the science of exercise and nutrition, partnered with the open-conversation delivery in the course, really beneficial.*

**MARWIN SILERIO, PERSONAL TRAINER,  
LES MILLS BRITOMART**



### FAQs

#### **Can I do the course even if I am not a PT or Health Coach?**

Yes. This course is designed for those who work with clients and/or patients, teaching you how to change their behaviour and ultimately improving their health and wellbeing. You will also learn many tips and tricks that will help you and your loved ones personally as well. To date, we have had GPs, nurses, full-time mums, gardeners, IT specialists, and more enrolling on this course!

#### **What are the benefits of doing the course?**

You'll get the practical tools and resources you need to make your job as a Health Coach, personal trainer, caregiver, wellness specialist or mum easier. You'll learn about the science of fitness, and you'll get access to the latest knowledge and the tools you need to prescribe exercise programs for any age and life stage.

**To enrol, go to [PreKure.com/online-courses](https://www.prekure.com/online-courses)**



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