

HOPE PARK SPORTS

YOUR HEALTH IS FOR LIFE



Mental Health
Nutrition & Recovery
Physical Activity



1 PHYSICAL ACTIVITY

RESEARCH

Regular physical activity has shown to reduce the chance of mortality along with reducing the chance of disease.

- **Type 2 Diabetes -40%**
- **Cardiovascular Disease -35%**
- **Depression -30%**
- **Joint and Back Pain -25%**
- **Cancers (colon and breast) -20%**

GUIDELINES

150 minutes moderate intensity per week (increase breathing yet able to talk). This can be accumulated in bouts of any length, and can be achieved in 1 or 2 sessions per week.

Examples of moderate intensity activities:

- **Swimming**
- **Brisk Walk**
- **Cycling**

OR / COMBINATION OF BOTH

75 minutes vigorous intensity per week (breathing fast, difficulty talking).

Examples of vigorous intensity activities:

- **Jogging**
- **Running**
- **Playing sport**

STRENGTH

Within a week adults should also do activities which develop or maintain strength in major muscle groups. Muscle strengthening activities should be completed at least 2 days a week.

Examples of strength activities:

- **Bodyweight**
- **Free Weights**
- **Resistance Machines**
- **Resistance Bands**

Daily Activities such as stair climbing and carrying shopping bags help in the maintenance of strength.

BALANCE

To reduce the chance of frailty and falls activities which help improve balance should be complete 2 days a week.

Examples of balance activities:

- **Bowls**
- **Dance**
- **Tai Chi**

SEDENTARY TIME

Recent data shows that total sitting time of 6 to 8 hours per day and 3 to 4 hours of TV viewing contributes to cardiovascular mortality irrespective of physical activity levels. Therefore, we should look to limit and interrupt the amount of total sedentary time we have during a day with physical activity.

2

MENTAL HEALTH

RESEARCH

Exercise can be used as a preventative and supplementary tool for conditions such as depression and anxiety.

Research shows that people who participate in regular exercise are seen to have improved mood and relaxation.

Furthermore, research demonstrates the effective use of weight lifting as a healing strategy for trauma.

WHAT EXERCISE SHOULD I DO?

The most important factor is that you are doing self-selected exercise that you enjoy. Some good forms of exercise for mental health include:

- **Walking / running outdoors**
- **Yoga / Pilates / stretching**
- **Weight lifting**

PSYCHOLOGICAL BENEFITS OF EXERCISE

- Improving quality of sleep
- Boosting energy levels
- Increasing self-esteem
- Distracting from negative thoughts
- Providing an alternative outlet for negative emotions
- Creating an opportunity to get outdoors or socialise with others
- Altering levels of serotonin, stress hormones and endorphins

3

RECOVERY & NUTRITION

SLEEP IN 6 STEPS

1. **Adopt a consistent sleep schedule**
2. **Avoid bright lights late at night**
3. **View 5-10 minutes of morning sunlight**
4. **Ensure that your room is dark and cool**
5. **Monitor caffeine levels throughout the day - it is important not to consume caffeine too early (90 minutes after waking) or too late (mid afternoon)**
6. **Use apps such as Reveri to help you unwind and deal with sleep disturbances**

COLD EXPOSURE

Guidelines to the safe application of COLD:

- Temperature is cold enough to want to get out but safe enough so you can stay in for a period of time.
- The colder the water, the shorter the time you have to spend in it
- Try to accumulate **11 minutes of cold water exposure** per week (not in one session) so 3 minutes 4 days a week for example
- The more often you do cold water, the more resilience you build to the cold

The major benefits include: Improved focus and energy, increased metabolism, reduction in inflammation and enhancement in mood.

REHYDRATION

During physical activity the body loses fluid as sweat to keep the body cool. After the bout of exercise the body will remain in a dehydrated state until the body is replenished.

The signs of dehydration are very common and include: feeling unusually tired or lethargic, dizziness, loss of concentration, muscle cramping.

The Galpin equation provides a great framework to help with rehydration before, during and after exercise: **2ml of water per kg of body weight every 15-20 minutes of exercise. If excessively sweating or in heat, increase the equation values by 50-100%**

NUTRITION

The topic of nutrition can be overcomplicated and become confusing for the majority of people. However, nutrition or diet should be made as simple and sustainable as possible to gain the best results for physical and mental health.

A balance in nutrition is vital to enable an individual is able to get the macronutrients and micronutrients required to contribute to healthy mental and physical health. **It is important that at least 80% of your diet is made up of unprocessed, clean foods** that will nourish the body.

The main macronutrients are **Protein (growth and repair), carbohydrates (energy) and fats (energy and cell function)**. These areas should make up the bulk of your diet, while also consuming micronutrients in the form of fruit and vegetables that support the main functions of the body.