



## THE IMPORTANCE OF EXERCISE

We all know the benefits of regular exercise to both physical and psychological wellbeing and it is probably one of the best ways to increase your resilience and avoid burnout.

- Combats weight gain and chronic diseases
- Improves your mood, allows to blow off some steam
- Promotes better sleep
- Boosts your energy
- Boosts your sex life
- Can be fun and social – connect with people outside your work

Do you have a strategy to incorporate regular exercise into your busy life? Aim for at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise. Here are some options to help you;

### ACTIVITY TRACKER

- Multiple different devices (Fitbit, Garmin, iWatch etc)
- Allows you to monitor steps taken, stairs climbed, sleep etc
- Group challenge – connect with your friends or colleagues and set up a unit challenge to reach a target:
  - “10000 steps a day”
  - “Most steps in a week in our ICU”

### FITNESS APPS

Pressed for time	7-minute Workout: <i>high intensity interval workout in 7 minutes without equipment</i> Short Random Workout: <i>different set of exercises every time</i> Bodyweight Training: <i>no need for equipment, a variety of workout options</i>
Music	MotionTraxx: <i>guided interval workouts</i> BEATBurn: <i>matches the pace of the music to your pace, guided interval workouts</i>
Personal Trainer	ACTIVEx PEAR Workout trainer SWORKIT Pump One fitness builder
Running	Couch-to-5K: <i>helps new runners to avoid injury from doing too much too soon</i> RunKeeper: <i>maps your run, help to plan your training, share with your friends</i> Map my run: <i>good if you're travelling in a new city to find a good route</i> STRAVA: <i>GPS and feed of your friend's activities if you like to compete</i> Treadmill Trails: <i>this app gives you videos of 22 great tracks</i>
Cycling	STRAVA Cycling: <i>GPS tracker with speed, distance and elevation as you cycle</i> WAHOO Fitness Cyclemeter: <i>turns your iPhone into a cycling computer</i>
Yoga	Simply Yoga Pocket Yoga Global Yoga Academy Daily Yoga Yoga.com Studio
Lose Weight	MyFitnessPal; <i>tracks more than just your calories</i> iPhone Health App Google FIT Lose it!

*The College and Welfare SIG members have no affiliation to any app developers*