



Your Movement Guide For You and For Life

Your healthy lifestyle isn't complete without movement and activity. In this guide, you'll find everything you need to know about exercise.

How to make movement a
part of your day and lifestyle?

What to eat before and after
your workout?

What are the types of sports?

How to deal with muscle
soreness after exercise?

Extra tools and tips to help
you keep going

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How can you make
movement part of
**your
everyday
life?**



No matter its duration or intensity, engaging in physical activity offers numerous health benefits. Even a small amount is beneficial, as long as it's consistent and regular. Here, we'll help you transform it from a temporary effort into a lasting habit.

First: Integrate Movement into Your Daily Routine

Make small changes to your daily routine. For example, park your car further away from your destination, take the stairs, or try using a bike instead of a car for short trips.

Second: Choose Your Goal

Start by selecting a specific goal to work towards. You can define it by asking yourself questions like:
Do you aim to build a strong body?
Do you want to improve your fitness level?
Do you seek to commit to a balanced movement routine?

Third: Diversify Your Workouts

Sticking to one routine can lead to boredom, so make sure to vary your activities continuously and engage in your favorite sports.

Ensure you combine:

- Intense aerobic exercises.
- Moderate exercises.

Always remember

A little bit consistently is better than a lot sporadically.



Fourth: Start Gradually

Starting too intensely can have an adverse effect on your motivation. Begin gradually and increase the intensity and duration of your workouts in successive stages.

Use your heart rate to gauge the intensity of your workout. How?

For moderate-intensity physical activity:

Your heart rate should be between 64% and 76% of your maximum heart rate.

For high-intensity physical activity:

Your heart rate should be between 77% and 93% of your maximum heart rate.

To calculate your maximum heart rate: (Subtract your age from 220)

For example:

The maximum heart rate for a

50-year-old person is:

$220 - 50 = 170$ beats per minute

So, for moderate-intensity exercise, their heart rate should be between **64% and 76% of 170.**

This is calculated as follows:

$170 \times 0.64 = 109$ beats

$170 \times 0.76 = 129$ beats

Always remember

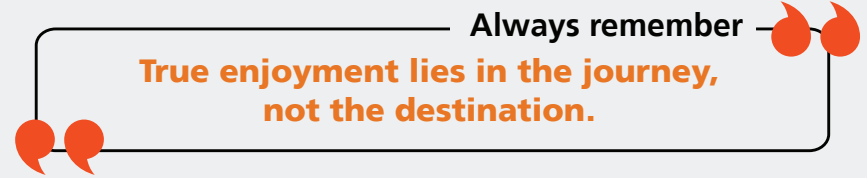
The journey of a thousand miles begins with a single step.

Fifth: Start with a Warm-Up

For brisk walking: Walk slowly for 5 to 10 minutes.
For running: Walk lightly for 5 to 10 minutes.
For swimming: Start by swimming slowly, then increase your speed as much as possible.

Always remember

**True enjoyment lies in the journey,
not the destination.**



Sixth: Monitor and Evaluate Your Progress

Measure your performance improvement after 6 weeks of starting the program. Track your heart rate, the duration of your workout, and your fitness level.



What to eat before and after your workout?

3 factors influence your workout performance: getting enough sleep, your daily nutrition, and your water intake.

Here, we'll focus on nutrition, divided into before, during, and after your workout:

1. **Start with water.**
2. **You can consume carbohydrates** (like a low-fat yogurt or a serving of fruits and vegetables) two hours before your workout.
3. **Avoid saturated fats** and don't overdo proteins, as they are all digested more slowly and divert oxygen and energy from your muscles.

Before Your Workout:

Before Your Workout:

1. Take frequent **sips of water.**
2. **Avoid eating when your workout is short**, but for longer sessions, you might have something light like a banana or yogurt.

During Your Workout:

Maintain Your Energy!

1. **More water! Or other fluids** like orange juice to provide hydration and carbohydrates.
2. **Carbohydrates:** They are the primary fuel for your muscles.
3. **Protein:** To help build and strengthen your muscles.

After Your Workout:

Replenish Lost Energy

Always remember

Good nutrition aids in the muscle recovery process after exercise.

What are the types of sports?



All exercises and sports fall into 5 categories. Regardless of your motivation for exercise, it's recommended to vary between the following types to achieve your goals.

Muscle Strengthening Exercises

Any exercise that helps build and strengthen major muscles like those in your hands and feet, through weightlifting and resistance training.

Benefits:

- Develops muscle strength and bone health.
- Delays the natural decline in muscle mass and bone strength.
- Reduces the occurrence of problems like lower back pain.
- Improves body posture.

Tools you might need:

- Resistance bands/loops.
- Weights.
- These can also be done using household items.

Duration:

Make sure to practice them at least twice a week.

Aerobic Exercises

Any exercise that increases lung and heart activity and breathing rate.

Benefits:

- Helps with weight loss or maintenance.
- Improves heart function.
- Lowers blood pressure.

Examples:

- Walking.
- Running.
- Swimming.
- Team sports: like football (soccer).
- Cycling, but choosing the right bicycle is important.

Duration:

Even short, consistent periods offer many benefits. However, it's recommended to do 150 minutes per week of moderate-intensity exercise and 75 minutes of high-intensity exercise.





Balance Exercises



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Flexibility Exercises



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∞ Aerobic Exercise For You and For Life

The Correct Way to Walk:

- Keep your head up and look straight ahead.
- Pull your stomach in while keeping your back straight.
- Balance the contact of your foot with the ground.

The Right Shoes for Walking:

- Match your foot size.
- Thick at the heel.
- Equipped with a cushioning layer for the foot.
- With a stable heel to secure the foot.

Walking as a Sport:

For your walk to be "for you and for life," ensure its duration is at least 20 minutes and that it's brisk enough to increase your heart rate.
What are the types of sports?





How to Make Running a Sport for You and For Life

The Correct Way to Run:

- Keep your head up and look straight ahead.
- Pull your stomach in while keeping your back straight.
- Balance the contact of your foot with the ground.

The Right Shoes for Running :

- Match your foot size.
- Thick at the heel.
- Equipped with a cushioning layer for the foot.
- With a stable heel to secure the foot.
- Snug in the front to prevent your foot from slipping.

Running as a Sport:

For your running to be "for you and for life," don't start too hard! Create a schedule and gradually increase the distance. Make sure to include warm-up and stretching exercises, and take two separate rest days during the week.



∞ How to Make Cycling a Sport for You and For Life

The Correct Way to Cycle:

- Focus on the road, especially on turns in the streets.
- Avoid wearing headphones to remain aware of sounds around you.
- Wear a helmet.
- Inspect your bike regularly.

Cycling as a Sport:

For cycling to be "for you and for life," make sure to practice it regularly and use your bike instead of your car for errands.

The Right Shoes for Cycling:

- Match your foot size.
- Firmer than running shoes, especially in the area that presses on the pedal in the middle of the shoe.
- Somewhat flat yet flexible at the same time.

The Right Bicycle:

- **Mountain Bikes:** Durable, designed for rough roads.
- **Road Bikes:** Lightweight and fast with thin tires.
- **Hybrid Bikes:** Combine the lightness of a road bike with the strength of a mountain bike, making them a good option for commuting.



How to Make Basketball a Sport for You and For Life

The Correct Way to Play Basketball:

- Wear knee and elbow pads.
- Wear a mouthguard.

The Right Shoes for Basketball:

- Match your foot size.
- Lightweight and well-cushioned..
- Stable and slip-resistant.
- Padded inside.

Basketball as a Sport:

For basketball to be "for you and for life," make sure it's suitable for you by consulting a doctor, as it's considered an intense sport. Be sure to warm up beforehand and take rest periods between rounds.



∞ How to Make Mountain Hiking a Sport for You and For Life

The Correct Way to Hike:

- Use a hiking pole.
- Check that the weather is suitable before heading out.
- Apply sunscreen and wear sunglasses.
- Don't hike alone—and make sure you're familiar with the trail.
- Pack essential water and food in your bag.

The Right Shoes for Mountain Hiking:

They should match your foot size. To ensure they're right, try walking in them before you go mountain hiking.

- Padded inside.
- Supportive and suitable for rough terrain.
- Avoid wearing cotton socks as they retain moisture. Instead, opt for wool socks or materials that reduce moisture and prevent friction.

Mountain Hiking as a Sport:

For your hiking to be "for you and for life," make sure to take all safety precautions and practice them regularly. It's a sport rich in contemplation and offers great benefits for improving your mood and boosting physical fitness.



∞ How to Make Tennis a Sport for You and For Life

The Correct Way to Play Tennis:

- Keep your feet shoulder-width apart when standing.
- Hold the racket firmly.
- Don't stand too close to the net.

The Right Shoes for Tennis:

- Match your foot size.
- Thick at the heel.
- Lightweight.
- Features prominent treads on the sole.

Tennis as a Sport:

For tennis to be "for you and for life," make sure to take rest periods between games. Don't over-tighten your shoulders while playing, and don't choose a racket heavier than you can handle.



How to deal with muscle soreness after exercise?

Why does it happen?

During exercise, muscles work harder than usual, leading to soreness or stiffness after a workout. It's common and varies in intensity from person to person.

How to avoid it?

Through two points:

- Ensuring you perform exercises correctly.
- Don't push beyond your limits—especially when starting out.

To alleviate it:

- Engage in some light movement the day after.
- Increase your fluid intake.
- Do some gentle stretching exercises.
- Try warm compresses or ice to relieve the pain.
- Try a jacuzzi and massage the painful areas.





**Additional
tools and tips
to help you
keep going.**



How to Make Tennis a Sport for You and For Life

Turn any activity into physical movement.

Discover your favorite type of sport.

Ensure you allow time for rest.

Always log your daily schedule and your commitment to it.

Play team sports with family and friends.



Be flexible with time constraints.

If you're too busy today, make up for it with sufficient exercise tomorrow.

Use apps that help you track your progress.

For example, step counter apps and those that help you stay consistent, like the voice coach provided by the "Lak Wal Hayat" (For You and For Life) platform.

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The voice coach is available on these platforms.



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