



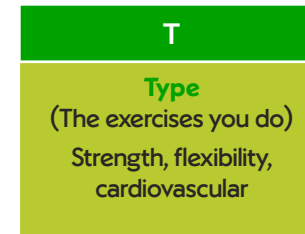
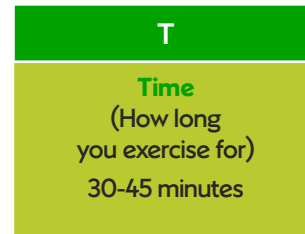
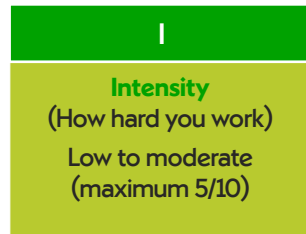
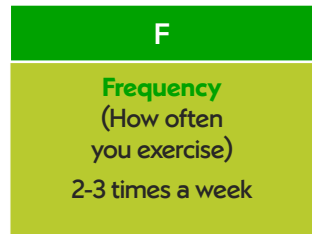
Long-Term Conditions Programme

Importance of exercise

SESSION 2 – EXERCISE & PROGRAMMING

Exercise and programming

Exercising each day is important. Whether it's several 5 minute bursts or an exercise class; moving helps the joints. When beginning to design your own exercise programme these are the fundamental principles to adhere to:



- ♦ **Frequency** is a vital principle, as improvements will come from consistent exercise over a period of weeks/months. When trying to make new habits around exercise, frequency is the place to start: even if you can't yet exercise for long periods, if you regularly find a slot in your day for physical activity, you can build up the minutes later!
- ♦ **Motivation** is what gets you started, using techniques such as goal setting, which we discuss later in the journal, will help to keep you motivated
- ♦ **Pacing** is key, working at your own pace and listening to your body is so important. If you need rest, rest
- ♦ **Periodisation** Only exercising once a month won't see significant improvements in your symptoms. But, exercising too much could see flare ups, increased pain and joint degeneration. Every time you exercise, your body will want some time to adapt. An example

would be when your thigh muscles feel stiff after cycling and need to rest, you can use that time to exercise another body part or type of training. Your "frequency" can remain regular, without you over-training a particular body part or exercise-type

- ♦ **Intensity** is important to bear in mind – you do not need to over do it! It is better to work at your own pace and not compete with anybody else. 'Low to moderate' exercising is an intensity where you are sweating, but still able to maintain a conversation
- ♦ **Time** is another important principle, but one that you can build up towards. Even doing 5 minutes initially will still provide some benefit.

Should you feel stiff when you wake up, light cardio work to get the blood moving around the body in conjunction with active stretching will help to alleviate the initial stiffness.



Let's see what a weekly exercise routine may look like:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym programme	Rest	Yoga class	Rest	Home workout/ swimming	Rest	Long walk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily routine

Active stretching for 5-10 minutes

Noon: walk

Afternoon: exercise

Evening: stretch

Sleep and wake time

11pm

6am