



Let's Get Moving!

We all know that we should be physically active. Any obstacles in the way of activity may only exist in your head.

“I don't have time for exercise.”

You don't have to separately make time for physical activity. You can make your everyday routines effectively accumulate physical activity: on your commute to work, doing yard work, walking the dog, cycling or taking the stairs instead of the lift. You can mitigate the negative effects of sitting by taking a break from it every 20–30 minutes.

“I have an illness or an injury. I'm hesitant to exercise.”

Physical activity prevents, treats and rehabilitates numerous long-term illnesses. Ask your doctor for advice on what kind of physical activity would suit you. There are suitable ways to be active for almost everyone.

“I'm not the sporty type or even interested in exercise.”

Not everyone needs to have exercise hobbies. However, it's necessary for your body to move, so making everyday routines more active is recommended. In the city, a bicycle is the fastest way to get around, while taking the stairs is equivalent to jogging in terms of effectiveness. Do something every day.

“I haven't exercised in years. There's no point in even trying.”

The notion that only sweat-inducing exercise matters is not true. Even slight everyday activity is beneficial. The important thing is to try to be active every day, even if just a little.

“I want to start exercising in my leisure time, but I don't know how.”

You can find tips, cycling and outdoor activity routes, water exercise and exercise advice at helsinkiliikkuu.fi.

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10 reasons to walk

The effects of a daily 30-minute walk

1. **Your endurance** will increase by 10–15% in three months.
2. **Your muscle tone** will increase by 10–20% in a few months. Nordic walking will strengthen your arms as well.
3. **Your blood lipid values will improve**, your blood pressure will decrease and your sugar metabolism will become more efficient. This can decrease the occurrence of type 2 diabetes by up to 60%.
4. **Your energy consumption will increase**, making weight control easier. Your body fat will be replaced by muscle.
5. **Decreased cancer risk.** Your risk of hormone-sensitive cancers, such as breast and prostate cancer, will decrease.
6. **Improved mood.** Your tolerance for stress will increase and your risk of depression will decrease.
7. **Your quality of sleep will improve.** You will fall asleep faster and be in deep sleep longer.
8. **Fewer headaches.** Nordic walking in particular will help you with headaches and tension in your neck and shoulder area.
9. **Your back will feel better.** Regular walking will maintain your mobility and protect you from back problems. Walking in a forest on soft ground is especially good for your back.
10. **Slower physiological changes.** With age, your muscle mass will decrease, as will your bone density. Walking and exercise slow down and even prevent these changes.

Source: UKK Institute & Harvard University

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