



1st Practical exercise

Little Steps to Healthier Life

1. Introduction: It will be very useful to achieve ideal weight, to live a healthy life, to add exercise to daily routines.

2. Target groups: Parents who want to be a role model, Adults have weight problems, Anyone with health problems

3. Key words: Weight control, regular exercise, exercise for health

4. Purpose of the practical exercise: This exercise will support healthy weight control, regular exercise of muscles, exercise for healthy eating.

5. Specific reason why this practical exercise has been developed: Spending Calories, Running Muscles, Controlling Weight, Delaying Aging, Accelerating Metabolism

6. Materials: Shoes and clothes that can be worn comfortably are sufficient.

7. Description and Introduction:

Step 1: After the regular breakfast in the morning, start the day by using the stairs instead of the usual elevator

Step 2: Go to work with with public transport, at least one stop before, instead of going by car.

Step 3: Do at least half an hour walk at lunch break, every day

8. Results of Practical Exercise:

With the use of regular ladder, each stairway consumes 1.0 calories (downhill: 0.5, climbing: 1.5).

At least 1 stop walking in every day causes 100-150 calories loss.

A half hour walk causes about 120-150 calories loss.

9. Queries & Considerations: Obesity is prevented by regular exercise, which is the result of healthy eating.

10. Conclusions: With healthy eating and exercises,

- Softening in the muscle
- Stress, psychological relief
- Protection from chronic diseases
- Benefits such as protection of heart health are provided.