

Did you know that regular physical activity helps:

- your heart grow stronger and your heart rate grow slower,
- carry a steady flow of oxygen to all the cells in your body – making your immune system stronger,
- your metabolism to work faster and limit your sugar urge, making it easier to keep your weight down,
- you sleep better, since your muscles are working harder,
- your cartilage become stronger, helping to prevent joint problems like osteoarthritis,
- protect your body against stress-related ill health and depression,
- your blood pressure, blood lipids (blood fats), and blood glucose to stay at healthy levels,
- and, helps you reduce your risk of cardiovascular disease by half!



FaR® Activity Diary

The FaR® Activity Diary can help you keep track of your daily physical activity. You can download an Activity Diary at www.vgregion.se/far

This brochure is financed by the Västra Götaland Public Health Committee (Folkhälsokommittén). You can order additional copies (min 50 copies/ order) free of charge within Västra Götaland, from: Address and Distribution Centre, Regionens Hus, 542 87 Mariestad e-post: adress.distributionscentrum@vgregion.se

A firm anchor



Physical activity is a firm anchor for your health, and for preventing and treating ill health.

In the Region Västra Götaland health care system, FaR® – exercise on prescription – has been available since 2003. Many patients who became more physically active through this program now have normal test values in relation to diabetes, high blood pressure, and more.

FaR® shall always be prescribed as a primary treatment for insufficient physical activity.

FaR® is a treatment that is free of side effects, which can help several medical disorders simultaneously and can provide life-long protection against various disorders.

www.vgregion.se/far

Get active every day for better health!



Photo: Kemy Stolpe, Sergio Joselovsky, Göran Asner, Getty Images, Johan Wingborg www.logiken.se



Taking the stairs instead of the lift means you burn 25 times more calories.



80% of all cardio-vascular disease and 30% of all cancer can be prevented through changed lifestyles. (WHO)

"Exercise has improved my balance and strength. You can't be afraid of exercise. You should be afraid of sitting still."



"On my way to work, I combine pleasure with business."



"For me, my joints are the problem. But I've gotten stronger in both my arms and legs, and I have less pain."

Start a positive chain

Physical activity is one of the most important prescriptions for preventing and treating lots of different medical disorders. Physical activity has been shown to be effective in treating cardiovascular diseases, Type 2 diabetes, high blood pressure, colon cancer, osteoarthritis and mild depression.

A prescription for physical activity is as important as the rest of your treatment. How often, how much, and the kind of physical activity you need to do should be decided together with whoever is writing the prescription.

If you have any physical incapacity or other symptom that makes it difficult for you to get started, then consult a physiotherapist to help choose activities suitable for you.

Physical activity – recommendations for adults

Everybody should be physically active at least 30 minutes every day. This should be moderate intensity activity that makes you slightly out of breath and slightly warmer. To gain more positive health effects, increase your daily activity in either amount or intensity. Read more at www.vgregion.se/far

A joint effort

Exercise on prescription is a joint effort between the health care community, local municipal public health efforts and volunteer organisations.

Regular physical activity over a longer period of time brings results.

