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JULY 2019 Health & Wellbeing Newsletter



Exercising together



The holiday season is fast approaching and therefore is an ideal time to exercise together. Exercising as a family or with friends not only increases aerobic ability but can also help to strengthen relationships, lower anxiety in children, boost self-confidence and improve the overall mood. A little bit of healthy competition can also be a lot of fun.

Exercise is vital for our long term health with far reaching effects across all aspects of wellbeing. Establishing a routine of regular exercise and participating in activities that you enjoy are great ways to support continued commitment and help you maintain fitness levels.

5 easy ways to exercise together

- ▶ Take regular walks together before, or after dinner or at lunchtime
- ▶ Complete bodyweight workouts, press ups and star jumps
- ▶ Dance together to your favourite music
- ▶ Make an obstacle course in the garden
- ▶ Use skipping ropes and hula hoops

5 structured ways to exercise together

- ▶ Attend a family exercise class, martial arts or swimming
- ▶ Plan to walk all or part, of the school run
- ▶ Train for and complete a charity fun run, cycle ride or obstacle course
- ▶ Follow exercise videos on set days
- ▶ Plan activity based holidays with walking, kayaking, cycling, yoga or heading up hills

Monthly Tip...

Something together for FREE!

Why not try the parkrun, you don't need to run to start with. Parkrun is a collection of FREE timed 5km running events that take place every Saturday morning at over 634 locations, often in your local park. The events are safe, easy and very welcome to all.

How to get, and keep, your lungs in top shape



We often don't consider the important role our lungs play in keeping us strong and well. It's not until we experience problems breathing that we take notice. But the truth is, like the rest of our body, our lungs need daily care and attention.

Breathing feeds oxygen to every cell in the body. Without sufficient oxygen, people are more prone to health problems, including respiratory illnesses, chronic obstructive pulmonary disease and even heart disease.

If your lungs are damaged, you may experience one or more of the following symptoms:

- ▶ Shortness of breath during simple activities
- ▶ Pain when breathing
- ▶ Dizziness with a change in activity
- ▶ A persistent cough
- ▶ Wheezing with exercise
- ▶ Cough associated with exercising
- ▶ Pain in the airway (the path air follows to get into and out of the lungs)

If you have any of these symptoms you should contact your GP

Since regular day-to-day activity doesn't help you use your lungs to full capacity, you need to challenge the lungs with more intense activity. This will help counteract the build-up of toxins and tar in the lungs caused by environmental pollutants, allergens, dust and cigarette smoke. You need to help your lungs cleanse themselves.

Follow these 5 tips and you can improve your lung health and keep these vital organs going strong for life:

1. Simple deep breathing

Deep breathing can help you get closer to reaching your lungs' full capacity. As you slowly inhale, consciously expand your belly, next expand your ribs. Finally, allow the upper chest to expand and lift. After this, exhale as completely as possible by letting the chest fall.

2. Staying hydrated

Getting enough water is as important for the lungs as it is for the rest of the body. Staying well hydrated by taking in fluids throughout the day helps keep the mucosal linings in the lungs thin. This thinner lining helps the lungs function better.

3. Laughing

Laughing is a great exercise to work the abdominal muscles and increase lung capacity.

4. Staying active

Regular moderately intense activity is great for the lungs, and when you increase your daily activity you get three things done at once: healthy lungs, a healthier heart and a better mood.

5. Joining a breathing club

If you can't be active because of lung problems, you can join a breathing club. There are over 230 breathe easy support groups throughout the UK. You can work on breathing techniques and get encouragement and information to help keep you healthy and improve your quality of life.

Quote of the month...

“Coming together is a beginning, staying together is progress and working together is success” Henry Ford ”