

## **EFSMA recommends**

### **10 Golden Rules for Healthy Leisure Time Physical Activities, Sports and Lifestyle**

#### **Regular physical activities mean**

Feel better, Look better , have a better fitness

#### **1. Before physical activity: Preparticipation examination**

especially for beginners or returning back to sports

persons with known diseases, symptoms or signs

having one or more risk factors (e.g. former smokers, hypertension, overweight)

First see your sports physician, then start with exercise

#### **2. Start slowly and increase intensity slowly**

If possible start with physical activity leader or coach, physical activity 3 – 4 times a week about

150 min (moderate activity) or

75 min a week (vigorous activity)

#### **3. Avoid overtraining and overload**

moderate exhaustion after sports may be good

running without grasping for air

physical activity should bring fun

training heart rate may be recommended by your physician

e.g. (50 to 80 % of maximal heart rate)

training longer and moderate is better than short and vigorous

#### **4. After exercise sufficient recovery**

regeneration, sleep, relaxing, may be sauna

after one series of vigorous exercise, have one

with lower or low intensity the next day

#### **5. Interrupt training if a disease or cold is present**

with cough and sniffles , hoarseness , fever or ,acute disease

break with sports, until you really recovered

#### **6. Prevent Injuries**

before sports, warm up and cool down after sports,

stretching a little bit only may be helpful,

pain is a warning symptom of the body, need to be clarified,

injuries need time to heal completely

during healing, try another type of sports such as

swimming, aqua jogging ,cycling, cross training

#### **7. Adapt sport activity to climate, temperature and ambient air (particular matter)**

sportswear should be functional,

not only actually fashionable, but adapted to air exchange

and adverse weather condition.

**Consider:** There is no bad weather for training but only bad clothing

### 8. Take care of nutrition and fluid

carbohydrates, low fats, especially animal fats, calories according to body weight,  
lower calories with overweight, in general mediterranean diet  
loss of fluids after sports must be balanced with electrolyte drinks

**Consider:** Beer is no sports beverage, may be beer without alcohol.

*However:* one glass of beer or wine in the evening may be

### 9. Adaptation of physical activity to age and drugs

physical activity in aged people or the elderly is strongly recommended,  
it is appropriate and even necessary,  
sports in the aged should be versatile and includes endurance,  
resistive training, flexibility and coordination training

**Fitness** is most important in the elderly.

Adopt drugs according to your activity.

Arthritis in joint of the legs is no barrier to activity but rather  
of therapeutic value.

Ask your sports physician.

### 10. Physical activity and Sport should bring pleasure and fun

physical activity improves mental and emotional health,  
change type of sports in between,  
variety of sports improves adherence  
sports in a group or sports club gives more fun

**Consider:** activity, sports and games are fun

care for physical activity in everyday and in daily life,

use staircase instead of elevator,

brisk walking also is sport or physical activity,

nordic walking is effective especially in the elderly

try to do more than 10000 steps a day

**Consider:** feeling that daily physical activity becomes more strenuous

and stressful (perceived exertion), hints to an early stage of acute disease

Regular participation examination by an experienced sports physician ,at least  
every two years, prevents injuries and diseases.

Adopted from the German Fed Sports Med.