

Exercise & FRESH START

This leaflet explains about your exercise sessions that will be included in the FRESH START programme, including what you can expect while exercising.

If you have any further questions, please speak to the exercise specialist prior to engaging in exercise.

What is exercise?

Exercise is any activity that gets your body moving for a sustained period and there are many types of exercise. Cardiorespiratory exercise, commonly called cardio increases your heart and breathing rates and examples of cardio exercise include walking, jogging, dancing and swimming. Resistance exercise or strength training is exercise that helps to build the strength of your muscles. Examples of strength exercise include weightlifting, yoga or carrying heavy items.

Why should I exercise?

Exercise can help you better manage your weight, improve your cardiorespiratory health, improve your sleep quality, reduce your risk of type II diabetes, reduce your risk of certain types of cancer, improve your mood, reduce feelings of depression and anxiety, improve your quality of life, reduce the risk of falls, improve back and joint pain and improve your muscular strength.

What are the risks?

There is an extremely low risk of an adverse cardiovascular event during exercise in healthy adults. The health benefits gained from exercise greatly outweigh the potential risks. Working with a qualified fitness instructor can help to reduce your risk of muscle strains and sprains by ensuring correct form during exercise.

How can I prepare for my exercise session?

Wear comfortable clothes and trainers that allow you to move freely. Have water to drink during your exercise session. Listening to music or a podcast may help distract you and make the time go by faster if you don't love to exercise. Try listening to fast paced music and keep up with the beat to increase your exercise intensity.

What happens during the exercise session?

The exercise sessions in which you will participate as part of the FRESH START programme will be led by an exercise facilitator and will last 30 minutes. All sessions will begin with a warmup, the main workout and will finish with a cool down. The sessions will increase in intensity over time as your fitness level increases.

Will I feel any pain?

You may experience discomfort during exercise however if you feel pain let the instructor know right away. It is normal to experience some muscle soreness when starting a new exercise programme. This is called delayed onset muscle soreness (DOMS) and should subside about 72 hours after your exercise session. As you exercise more regularly you will experience DOMS less and less.

How much exercise should I get?

The UK Chief Medical Officers' physical activity guidelines for adults include at least 150 minutes of moderate intensity cardio exercise per week or at least 75 minutes of vigorous intensity cardio exercise per week. In addition, adults should build strength at least two days per week through exercise like weight training or yoga. If you do not have the fitness level to achieve the minimum guidelines get as close as you can and build up over time.

Things to remember

Exercise is tough, but it will get easier over time. Results do not happen overnight. Work to steadily increase your activity levels over time and your fitness level will build up. Often progress can be a challenge so be kind to yourself if you experience a setback. Reassess if your programme is realistic and adjust if needed.

Contact us

If you require any additional information about the service please telephone the service on 020 8725 1022 or email SGH.Tier3@stgeorges.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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