

# HÝBME SA!

Fyzická aktivita je pre vás dobrá a pomáha predchádzať bolesti

## PREČO JE TO DÔLEŽITÉ:

Naše telá sú stvorené k pohybu bez ohľadu na vek. Naše denné návyky majú vplyv na to, ako sa cítíme. Životný štýl s dostatkom pohybu má veľké zdravotné benefity a nikdy nie je neskoro začať.

EVERY JOURNEY NEEDS A → FIRST ← STEP

European Pain Federation EFIC®  
"On the Move"

## Top tipy pre každého!

Fyzická aktivita je dobrá pre vaše zdravie a predchádzanie bolesti. 5 tipov pre tých, ktorí chcú byť aktívni dlhšiu dobu

1

Nájdite si druh aktivity, ktorý vás bude baviť

2

Venujte sa fyzickej aktivite po troške, ale často

4

Vytvorte si dobré návyky. Prispôbte aktivitu vášmu dňu

3

Zadávať si dosiahnuteľné ciele! Neporovnávajte sa s ostatnými

5

Včleňte fyzickú aktivitu do vášho života. Choďte po schodoch namiesto výťahu, prechádzajte sa namiesto cesty autom

**Pamätajte si: Hocijaká aktivita je lepšia ako žiadna aktivita**



World Health Organization

WHO odporúča, aby sme robili fyzickú aktivitu 30 minút 5x do týždňa (napríklad rýchla chôdza alebo ľahký jogging 30 minút) alebo 10 000 krokov denne. Začnite s fyzickou aktivitou pomaly a postupne sa prepracujete ďalej

## VEDELI STE?



Fyzická aktivita môže znížiť riziko vzniku chronickej bolesti

### Môžete znížiť aj riziko rozvoja:

- bolesti dolného chrbta o 40%
- osteoartritídy o 50%
- chronickej bolesti o 10-12% v porovnaní s tými, ktorí sa venujú 30 minút miernej fyzickej aktivite 1-3x do týždňa (20-64roční)
- chronickej bolesti o 27% v porovnaní s tými, ktorí nerobia žiadnu fyzickú aktivitu 2-3x do týždňa (starší ako 65roční)

### Zdroje

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### About EFIC® On the move

The European Pain Federation on the Move Campaign is the first EFIC presidential campaign. Launched in 2018, The campaign aims to raise awareness of the importance of physical activity in preventing and managing chronic pain. To learn more about it please visit our website and follow our #EFIConthemove campaign on Facebook, Twitter and LinkedIn

The On the Move campaign infographics have been developed in collaboration with the European Region of the World Confederation for Physiotherapy



### About the European Pain Federation EFIC®

The European Pain Federation EFIC is a multidisciplinary professional organisation in the field of pain research and medicine, consisting of the 37 European Chapters of the International Association for the Study of Pain (IASP) and representing some 20,000 physicians, nurses, scientists, psychologists, physiotherapists and other health care professionals involved in pain medicine



EUROPEAN REGION

World Confederation for Physical Therapy

### About ER-WCPT

The European Region of the World Confederation for Physiotherapy (ER-WCPT) represents the National Physiotherapy Associations of 38 countries in Europe, including all Member States. Our pro-active commitment is to contribute to the EU and European policy, aiming for equal access and quality healthcare.

Physiotherapy is the health profession with expertise in movement and exercise prescription throughout the lifespan across the health spectrum. Physiotherapy involves specific interventions to individuals and populations where movement and function are, or may be, threatened by illness, ageing, injury, pain, disability, disease, disorder or environmental factors. Such interventions are designed and prescribed to develop, restore and maintain optimal health.